



?Moo shu pork is a dish originating from China in the late 1960s, and has since become a staple of Chinese-American cuisine. Traditionally, moo shu pork consists of sliced pork, cucumber, and scrambled eggs, stir fried together in sesame or peanut oil with mushrooms.? OK, sounded good to us?.

Ingredients for the marinade:-

225g of lean Pork, thinly sliced
1 Tbsp of Soy Sauce (Gluten free for us)
1 Tsp of Shaoxing Wine
1 Tsp of Cornflour
½ Tsp of Sesame Oil
½ Tsp of fresh Ginger, minced
2 Tbsp of Oil

Main Ingredients:-

3 Eggs, beaten
1 Tsp of Shaoxing Wine
¼ Tsp of Salt
2 Spring Onions, chopped
1 Cucumber, de-seeded and chopped
35g of Wood Ear Mushrooms, soaked over night
1 Tbsp Soy Sauce (Gluten free for us)
1 Tbsp of Oyster Sauce

2 Tbsp of Water
Salt and Pepper to season
Oil to fry

Method:-

- (1) Mix the marinade ingredients and add the Pork.
- (2) Set aside for 30 minutes.
- (3) Whisk together the Egg, Shaoxing Wine and Salt
- (4) Heat a little Oil over a high heat in a Wok or large frying pan.
- (5) Add the Eggs and quickly scramble.
- (6) Remove from the pan and set aside to drain.
- (7) Add a little extra Oil and reheat the wok over a high heat.
- (8) Add the Pork and sear until lightly browned on all sides.
- (9) Add the Spring Onions and stir in.
- (10) Next add the Cucumber and Wood Ear Mushrooms and stir in.
- (11) Add the Shaoxing Wine, Soy Sauce, Oyster Sauce and water.
- (12) Stir for a further minute and then add the scrambled Egg.
- (13) Season with Salt & Pepper to taste and serve.

We would not usually think to add Cucumber to a cooked dish, but this really worked.
There's a small Chinese store just down the road which is great for things like the dried
Wood Ear Mushrooms.