



brand

Red Dog Ranch - RECIPE

"Growers of Chemical-Free Produce"

NAME: Stir-Fry – Pork with String Beans
DIFFICULTY: Easy
SERVES: 2-4 Adults

Ingredients:

1 Tablespoon Bacon Fat, or high-temp oil of some type
1 Pound Green Beans
1 Pound Pork, ground
2 teaspoons Ginger, minced
½ Cup Chicken Stock
2 teaspoons Sugar
1 teaspoon Salt
1 teaspoon Garlic, minced
1 Tablespoon Vinegar, (white, or black is you have it)
2 teaspoons Sesame Oil
2 Tablespoons Scallions (Green Onions)

Preparation:

- Step #1)** Heat your skillet or wok until it feels like a hot radiator with your palm 2-3 inches above the bottom, then add the bacon grease and swirl it around as it melts.
- Step #2)** Add half the beans, reduce the heat to medium, then stir-fry them until they develop some nice pan char (brown spots) and begin to wrinkle. Remove them with a slotted spoon and set aside, then add the rest of the beans and repeat. (make sure your hood fan is on 'high' - this smokes like crazy.)
- Step #3)** With all the beans fried and set aside, add the ginger and ground pork to the wok. Break the pork up into smaller pieces with your spatula, then distract yourself for a minute or so and leave it alone to brown a bit. Once the meat has had that moment to develop its deliciousness, stir-fry in earnest until the pork is no longer pink.
- Step #4)** Add the beans to the browned pork along with the Garlic and Ginger. Sauté until effervescent.
- Step #5)** Stir in the chicken stock, salt, and sugar, and simmer Continue to simmer until the liquid is reduced by half. If you like, you can throw in some corn starch/water at this point to thicken further.
- Step #6)** Remove from heat and stir in the vinegar, sesame oil, and scallions.

Serving:

Server over or next to cooked rice.

Modifications:

Add Fermented Black Beans, mushrooms, and/or hot peppers (pizza peppers.)