

Glimpse into sweet and sour pork

I love gooey, sticky, comforting meals with sauce and rice and deliciousness! This can actually be achieved when eating clean, healthy, low allergen foods!

One of my favourite meals is sweet and sour pork with rice. This was what was on the menu last night, on a cold and rainy day, so I will share the recipe with you. I hope that you enjoy it as much as my family and I do!



Just Like Mum's Sweet and Sour Pork Hot Pot

(for 4 people)

Ingredients



2 slices of pineapple, chopped, or 2 tblsps of lemon/lime juice

Good pinch ground ginger or about 1 tbsp fresh

Half a red capsicum, sliced

2tblsp vinegar

2 tbsp rice syrup

$\frac{1}{2}$ tblsp tomato puree (no added onion – try Leggos tomato paste. Or use 3 tblsps of cooked down tinned tomatoes)

$1\frac{1}{2}$ tsps soy sauce (gluten free soy or Tamari)




1tsp brandy or sherry or shao xing wine (optional)

300mls water

1 tblsp cornflour
2 spring onions or the green part of leeks, chopped
3 small bunches of baby bok choy, chopped
800g belly pork, sliced into cubes
1 cup of white rice



Method

 The choice of cut for your pork is up to you. My family love the fatty, stickiness that belly pork creates. If you want to choose a healthier cut, go for a pork fillet. This will make for a drier meal, and will be needed to be cooked less. With the belly pork, fry it up in the wok first, making it crispy and brown, and then add to the sauce later on to stew it.

1. After browning your meat, remove it from the wok.



2. Fry the pineapple with the ginger and capsicum until becoming soft.

3. Add the water.

4. Mix in the vinegar, rice syrup, tomato puree, soy and alcohol. Simmer gently.



5. Add the meat back into the wok with the sauce and combine.



6. Add the spring onions or leeks. Place a lid over the wok, and simmer the mixture for about 20 minutes; stir occasionally.

 7. Cook white rice while you wait.





8. When the meat mixture is thick and sticky, and the meat is soft and tender, stir through the cornflour. Add in the bok choy, stir through and let soften slightly. Remove from the heat.



9. Serve the pork with the rice.

