

Colorful pork stir-fry is a fine way to introduce yourself to wok cookery



Stir-frying in a wok is an Oriental cooking technique that preserves the flavor, color and nutrition of the meats and vegetables prepared this way.

Wok cookery, traditionally an Oriental cooking technique, has found a second home in modern American kitchens. The ancient cooking method of stir-frying in a wok fits conveniently into today's lifestyle if it is easy, quick and versatile.

Stir-frying calls for small pieces of food, usually meats and vegetables, to be quickly cooked and stirred in a small amount of oil. It's a technique that produces meats that are succulent and tender and vegetables that are bright, tender-crisp and flavorful. While a bowl-shaped wok with its sloping sides and large cooking area is ideal for stir-frying, a large frying pan can also be used.

For a taste of wok cookery at its best, try Colorful Pork Stir-Fry. Like so many Oriental entrees, it features nutritious, delicious pork, this time delicately flavored with soy sauce and sherry. You can be confident that the pork will be lean and tender for it is cut from pork tenderloin — the most prestigious and tender of all pork muscles.

For best results, all ingredients should be prepared in advance so that once cooking begins, you can proceed quickly. You'll find it easy to cut the tenderloin into thin slices if it is partially frozen first. Another preparation tip: follow the cooking times in the recipe carefully so that you won't overcook ingredients. The vegetables should be tender-crisp, the pork well done yet tender and juicy.

COLORFUL PORK STIR-FRY

1 1/4 lbs. pork tenderloin
1/2 cup soy sauce
1 tsp. sherry
2 tsp. cornstarch
1/2 cup water
1 medium sweet potato, cut into julienne strips
3 tbsp. cooking oil
1 clove garlic, cut in half
1 thin slice ginger root

1 medium onion, cut into 16 wedges
1 medium zucchini, cut into julienne strips

Partially freeze tenderloin to firm; cut diagonally into slices 1/4 to 1/2 inch thick. Combine 3 tablespoons soy sauce, sherry and 1 tablespoon cornstarch. Pour over pork and stir. Combine remaining soy sauce and cornstarch with water; reserve. Blanch sweet potatoes 1 1/2 minutes; drain. Heat 2 tablespoons oil in wok or large frying pan. Add ginger root and garlic and cook 10 to 15 seconds; discard. Quickly brown pork slices (1/4 at a time), stirring constantly. Remove from wok. Heat remaining oil in wok. Add sweet potato and cook 3 minutes, stirring constantly. Stir in onion and zucchini and cook 2 minutes. Return pork to wok, stirring to combine. Add reserved soy sauce mixture and cook 3 to 4 minutes, stirring occasionally. Serve immediately. 4 servings.

Men push the cart

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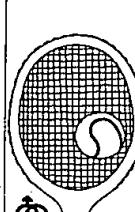
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