

Moo Shu Pork

Yield: 4 to 6 servings

Ingredients for Moo Shu Pork:

1-3/4 pound pork tenderloin, trimmed and julienned
8 ounces shiitake mushrooms, stemmed and sliced
3/4 cup wood ear mushrooms, julienned
10 dried lily buds
3/4 cup bamboo shoot, julienned (may use canned that have been rinsed well in cold water)
2 cups green cabbage shredded
2 cups purple cabbage shredded
1/2 cup carrots shredded (can substitute bag coleslaw mix)
1 bunch scallions, thinly sliced
2 eggs, lightly beaten
3 tablespoons chicken stock
2 tablespoons vegetable oil
2 teaspoons sesame oil (for flavor)
Ground white pepper (to taste)
4 tablespoons soy sauce (for marinade and for cooking)
3 tablespoons oyster sauce
2 tablespoons hoisin sauce, plus more for serving

Pork Marinade (marinate meat about two hours ahead of cooking):

2 tablespoons soy sauce
2 tablespoons rice vinegar (can substitute cooking sherry)
2 cloves garlic, minced
3 teaspoons freshly grated ginger
1/2 tablespoon corn starch

12 bibb lettuce leaves (can substitute moo shu wrappers, or flour tortilla)

Directions:

Preparation time. Marinate meat in refrigerator (2 hours). Pre-cook preparation (1 hour).
Cooking Moo Shu (25 minutes)

Rehydrate the wood ears, shitake, and lily buds (if dry) a day ahead of time. Keep them in a Tupperware container in the fridge.

Place beaten eggs in fry pan with 1/2 tablespoon vegetable oil over medium high heat; make omelet and set aside. When cool to handle roll omelet and cut into 1/2 inch slices.

Cut all vegetable ahead of time into uniform size for even cooking

In Wok or large non stick pan put 2 tablespoons vegetable oil and cook marinated pork. cook until lightly browned, about 2 minutes. Next add prepared vegetables, and stir-fry another 5 minutes. Make sure you squeeze out excess water from rehydrated mushrooms and lily flowers if you used dry ingredients. Next add chicken stock, oyster sauce, hoisin sauce and remaining soy sauce, and cook, stirring until sauce boils, about 1 minute. Finish off with egg strips, sesame oil, and white pepper. To serve, spread a small amount of hoisin sauce on lettuce bibb, and spoon about 1/2 cup moo shu mixture in center and fold and eat.