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Sweet & Sour Pork

- 1 pound trimmed boneless pork shoulder or butt, cut into 1/4-inch-thick bite-size slices
- 1 tablespoon minced fresh ginger
- 4 teaspoons reduced-sodium soy sauce, divided
- 2 teaspoons plus 1 tablespoon rice wine or dry sherry, divided
- 1 1/2 teaspoons plus 2 teaspoons cornstarch, divided
- 1/4 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1 teaspoon toasted sesame oil
- 2 tablespoons pineapple juice
- 2 tablespoons distilled white vinegar
- 1 tablespoon ketchup
- 1 1/2 teaspoons light brown sugar
- 2 tablespoons peanut oil or canola oil, divided
- 1/2 cup sliced carrot (1/4 inch thick)
- 1 small tomato, thinly sliced into wedges (about 1 cup)
- 1/4 cup finely chopped scallions
- 2 cups bite-size pineapple chunks, fresh or juice-packed canned (drained)

- 1) Combine pork, ginger, 2 teaspoons soy sauce, 2 teaspoons rice wine (or sherry), 1 1/2 teaspoons cornstarch, salt and pepper in a medium bowl. Stir in sesame oil until well combined.
- 2) Combine pineapple juice, vinegar, ketchup and brown sugar in a small bowl. Stir in the remaining 2 teaspoons soy sauce, 1 tablespoon rice wine (or sherry) and 2 teaspoons cornstarch.
- 3) Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon peanut (or canola) oil. Carefully add the pork in one layer. Cook undisturbed for 1 1/2 minutes, letting it begin to sear. Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer to a plate.
- 4) Swirl the remaining 1 tablespoon oil into the wok, add carrot and stir-fry for 30 seconds. Return the pork with any juice to the wok. Add tomato and scallions and stir-fry for 30 seconds. Swirl in the pineapple juice mixture, add pineapple and stir-fry until the pork is just cooked through and the sauce is lightly thickened, 1 to 2 minutes more.



Tips: Pork shoulder or butt is available both bone-in or boneless and typically sold in portions significantly larger than 1 pound—3 to 5 pounds. To get the amount you need for this recipe, ask the butcher to start with 1 1/2 to 1 3/4 pounds before trimming to make sure you get 1 pound of trimmed boneless pork shoulder or butt. Or buy a larger portion and freeze the rest for another use.

If you're making this with canned pineapple, you can use 2 tablespoons juice from the can.

Makes 4 servings