Recipes from the trusted kitchen at Cornell Cooperative Extension

Sweet & Sour Pork

Serving Size: 1 ¼ cups
Yield: 4 servings

Ingredients:

2 Tbsp peanut or canola oil, divided
4 tsp reduced-sodium soy sauce, divided
2 tsp plus 1 Tbsp rice wine or dry sherry, divided
1½ tsp plus 2 tsp cornstarch, divided
⅛ tsp ground white pepper
1 pound trimmed boneless pork shoulder or butt, cut into ¼" thick, bite-sized slices
2 Tbsp pineapple juice (or juice from can of pineapple)
1 small tomato, thinly sliced into wedges
2 Tbsp distilled white vinegar
1 Tbsp minced, fresh ginger
1 tsp sesame oil
¼ tsp salt
½ cup sliced carrot (¼" thick)
¼ cup finely chopped scallions
1½ tsp light brown sugar
1 Tbsp ketchup
2 cups chopped fresh pineapple (bite-sized pieces) or drained canned pineapple chunks

Directions:

1. Combine ginger, 2 tsps soy sauce, 2 tsp rice wine (or sherry), 1½ tsp cornstarch, salt, and pepper in a medium bowl. Stir in pork and sesame oil until well combined.
2. Combine pineapple juice, vinegar, ketchup, and brown sugar in a small bowl. Stir in the remaining soy sauce, rice wine (or sherry), and cornstarch.
3. One layer. Cook undisturbed, letting the pork begin to sear, for 1½ minutes.
Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer the pork to a plate.
4. Swirl the remaining oil into the wok, add carrots and stir-fry for 30 seconds.

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5. Return the pork with any juices to the wok. Add tomato and scallions and stir-fry for 30 seconds.

6. 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.

Nutrition Facts: Calories, 313; Total fat, 17g; Saturated fat, 5g; Trans fat 0g; Cholesterol, 65mg; Sodium, 421mg; Total Carbohydrate, 21g; Fiber,