

Main Dishes

Pork

Sweet- N- Sour Pork

If red peppers are available, use one red and one green pepper to add color to the stir-fry.

1 can (20 oz.) pineapple chunks in juice
2 Tb. ketchup
2 Tb. soy sauce
1/4 cup vinegar
1/2 cup maple syrup, lite or regular

1 Tb. oil
1 lb. pork, sliced 1/4" thick, cut in strips
1 clove garlic, minced

2 green peppers, sliced
4 medium onions, sliced

1 Tb. cornstarch mixed with 2 Tb. water



Combine pineapple juice, ketchup, soy sauce, vinegar and syrup to equal 1-1/2 cups.

In wok heat oil and add pork. Stir-fry until lightly browned.

Add garlic and then remove pork and garlic. Garlic burns fast in the wok so remove it quickly.

To same wok, add peppers and onions; stir-fry 3 to 4 minutes.

Add pineapple.

Add juice mixture and pork with garlic. Cover and cook, 5 minutes.

Add cornstarch; bring to a boil.

Serve with rice.

Yield: 4 to 6 servings.

NOTE: Adding small amounts of water to wok will help keep food from burning.