

Spicy Pork + Vegetable Stir-fry



豚肉と塩もみ野菜のピリ辛炒め

Meat Dish

Makes 4 servings

Adapted from おつまみになるおかず

Ingredients

Marinade

2 Tbsp. shoyu

2 tsp. sugar

2 Tbsp. chopped green onions

2 Tbsp. sesame seeds

1 tsp. grated garlic

7 oz. thinly sliced pork

3 Japanese eggplants

2 Japanese cucumbers

1/4 tsp. red pepper flakes

1 tsp. salt

2 1/2 Tbsp. sesame oil

scant 1 Tbsp. shoyu

1 Tbsp. sugar

1 Tbsp. sesame

2 tsp. sake

Combine the ingredients of the marinade and mix well. Add the sliced meat and let sit for 10 minutes.

Thinly slice the eggplant (a little less than a 1/4 inch thick). The thick part of the eggplant can be sliced lengthwise first, then sliced thinly into half moons. Sprinkle 1/2 tsp. of salt, toss to coat, then let sit for about 5 minutes. Similarly, slice the cucumber, sprinkle 1/2 tsp. of salt, and let sit for 5 minutes.

Dump the eggplant in a thin cloth towel (like a flour sack) and gently squeeze the moisture and lightly pat to dry. Rinse the cucumber and like the eggplant, dry with a towel.

In a wok or a large pan, heat the sesame oil and cook the meat over high heat. Once the meat changes color, add the eggplant and cucumber and stir.

Once the vegetables soften, add the red pepper flakes, shoyu, sugar, and sake. Mix and sprinkle sesame seeds. Serve with rice.

Notes