

MISO PORK STIR FRY

EQUIPMENT

Large saute pan with a lid. We're going to make a big, saucy dish and will use the lid to steam it for a short while

INGREDIENTS

(to serve about 4 people)

4 Japanese/Chinese eggplants

1 green bell pepper

4 long green onions

1 knob ginger (probably about 1 in. x 1 in. piece, more if you like the taste)

About 2 Tbsp neutral-flavored oil (e.g., canola)

Pork (about 0.5 lb. to 1 lb.+, for you to judge on hunger of your family)

- I prefer thick-cut pork belly slices (so satisfying!) but you can use any cut of pork you'd like. For example, thinly sliced pork (e.g., the kind you might use for shabu shabu, similar to "hot pot"), or tenderloin that you can portion into satisfying bites. The only consideration is that you don't want the cuts too thick or it will take too long to cook through.

SEASONINGS

8 Tbsp miso (I like Hikari Miso® Organic Red Miso)

4-8 tsp sugar

4 Tbsp mirin

2 Tbsp sake (optional)

2 Tbsp soy sauce

PRE-PREP BEFORE THE ZOOM CALL

- Prepare the pork belly (better if done the night before)

If using pork belly, here's a great trick to do the day before (and store in fridge) or just before we get on the call together. I'm putting these instructions to save time.

Rinse the pork, then place into a pot, covering it completely in cold water. Bring the water to a moderate boil and cook pork for 10 minutes to remove scum. Discard cooking water and rinse the pork again, cut into bite sized pieces, and set aside (refrigerate if you do this the day before). The idea is that by boiling the pork belly, it not only renders out some of the fat, but it also

tenderizes the meat. It is ok to use pork belly without boiling first, but in my opinion, it can get overwhelmingly oily.

- Cook the rice!! You need it to eat it hot with a heaping pile of this goodness on top.
- Wash your vegetables and cut them
 - For the eggplant, cut it “rangiri” style
 - Rangiri is a way of cutting cylindrical vegetables such as our eggplants, and consists of random, diagonal cuts made while rotating the vegetable one-quarter turn between cuts. The large, evenly cut surfaces allow for absorption of flavor, making this method particularly suitable when simmering.



- - See this video for a demo: <https://www.youtube.com/watch?v=rsNO7L0GTV8>
 - After cutting them, put the pieces in a bowl of cold water with about a teaspoon of salt. Soak for a few minutes and drain and set aside. The salt water will prevent it from browning and also help remove bitterness. These eggplants are not very bitter at all, but salting also helps collapse the eggplant's spongy texture, so it won't soak up as much oil when fried or sauteed. This helps it cook up silky rather than soggy.
- For the bell pepper, cut to remove seeds and cut into bite-sized slices.



- - For the ginger, use a spoon and scrape off the brown skin. Thinly slice the ginger root.



- For the green onions, cut off the roots and most of the white. Cut the remaining parts of the onion into bite-sized pieces.



That should do it for the prep! See you all on Zoom!!

PICTURES TO HELP WITH SHOPPING IF YOU'RE UNFAMILIAR

Eggplant



Green onions



Pork belly from H-Mart



Miso



Sake ("single serving"), perfect for cooking and not having a ton of it on hand if you don't drink this otherwise.



Mirin



