

HOT AND SOUR PORK

With a population of around 230,000 in the United Kingdom, people of Chinese descent have a fairly well-established community in Britain. There are several Chinatowns and Chinese community centres scattered throughout the United Kingdom, where people can participate in cookery lessons and celebrate both British and Chinese festivals. There are no hard and fast rules with Chinese food, which has evolved over thousands of years. This version of a popular classic incorporates Bramley apples, which are unique to Britain.

Preparation time: 10 minutes

Cooking time: 10-12 minutes

Serves 4

2 tbsp vegetable oil

500g pork loin steaks, trimmed and thinly sliced

2 cloves garlic, sliced

2 cm piece root ginger, peeled and chopped

1 red chili, deseeded and sliced

1 red pepper, deseeded and chopped

6 spring onions, trimmed and sliced

2 Bramley apples, quartered and cored

75g/3oz shiitake mushrooms, sliced

2 tbsp soy sauce

2 tbsp Chinese rice wine or sherry

150ml/ 1/4 pint chicken stock

juice 1/2 lime

noodles to serve



1. Heat half the oil in a large frying pan or wok and add the pork loin, garlic and ginger. Stir fry for 4-5 minutes or until the pork is crisp and golden. Transfer to a plate
2. Heat the remaining oil in the pan, add the chilies, peppers, onions, and Bramley apples and stir fry for 4 minutes or until pale and golden. Return the pork to the pan with the mushrooms then add the soy, wine or sherry and stock. Bring to the boil, and simmer for 2 minutes
3. Remove from the heat and stir in the lime. Serve in bowls with noodles