



# Asian Cuisine



*Tasty Asian Recipes to make at home with Fran Salvatore*

- Sweet and Sour Pork
- Almond Chicken • Fried Rice

## Sweet and Sour Pork

12 Servings

### Ingredients

- 2-½ lbs boneless pork
- 3 Green peppers cut into ¼ inch pieces
- 3 Carrots peeled & cut ¼ pieces
- 2 Onions quarter
- 2-20 oz. can of pineapple (chunk) drain and reserve juice

### Directions

- Cut pork into 1 inch squares. Soak in marinate for at least ½ hour
- Cut green peppers into halves. Remove seeds and membranes and cut in into ¼ pieces . blanch in boiling water 1-2 min.
- Peel carrots and cut into ¼ inch pieces. Blanch carrots for 1-2 min. in boiling water
- Heat oil
- Coat each piece of pork in 2 cups of flour. Fry pork until done about 2 minutes then take out .Drain, Fry once more until crisp if cold
- Remove pork and drain off oil from pan.
- Leave about 1 big spoon of oil in pan . add the seasoning sauce continuing to stir until almost thickened. Add green peppers, carrots, onions, and pineapple into pan stir until thickened.
- Remove from heat add pork, mix well and serve immediately.





## Almond Chicken

2-4 Servings

### Ingredients

- 2 large chicken breast
- 3 oz. froze or fresh pea pods
- ¼ pound fresh sliced mushrooms
- ½ cup blanched almonds toasted
- 1 green onion
- 2 inches of oil

### Seasoning

- 1 cup sherry
- 1 tsp. Salt

### Gravy

- 1 cup chicken broth
- 1 Tbl. Corn starch
- 1 Tbl. Soy sauce
- 1 tea. Sugar
- ¼ tsp. Accent

### Batter

- 1 egg
- 1 tsp. Sesame oil
- ½ flour
- 1/4 cup water

### Directions

- Remove the skin and bones from chicken or use boneless chicken. Cut in half lengthwise.
- Marinate the chicken breasts with salt and sherry
- Drench meat in the batter.
- Heat oil, medium heat and deep fry until golden brown. Take out and set aside.
- Stir Fry the pea pods and mushrooms until soft Take out and set a side.
- Mix chicken broth cornstarch, soy sauce, sugar and accent .pour into pan and cook until thickened. Turn off heat add peapods, mushrooms.
- Slice chicken at an angle .Pour gravy onto the chicken. Splash with almonds and green onions.

LODGE LOGIC  
L8SK3

### 10" Pre-Seasoned Cast Iron Skillet

Even heating, heat retention, durability and value.

Cooking Class  
SPECIAL PRICE

**\$14.99**

Reg. \$19.99  
SAVE \$5!

LODGE  
LOGIC



## Fried Rice

8-10 Servings

### Ingredients

- 1 # cooked rice
- 4 eggs
- ¼ lb. Ham cut into small cubes (can use chines sausage)
- 1 box or bag of frozen peas (16-12 oz.)
- 1 bundle green onions (small diced)
- ½ cup oil

### Seasoning

- 1 Tbl. Salt
- ½ tsp. Accent
- ½ tsp. Sesame oil
- ½ tsp. Fish sauce

- Heat oil, fry sausage or ham until hot. Add the egg mixture stir fry until solid, take out and set aside.
- Pour in the rice and peas , stir until hot, return the egg mixture add seasoning, mix and cook until hot
- Sprinkle in onions

Find and share these recipes and others,

"Like" us on

facebook

Follow us on

twitter



ABC WAREHOUSE  
THE CLOSEST THING TO WHOLESALE