

鱼香肉丝 Pork with Spicy Garlic Sauce (or Fish Fragrant Pork)

配料 Ingredients:

- 蒜蓉 minced garlic
- 葱 green onion (only the leafy green portion)
- 料酒 Chinese cooking wine
- 醋 Chinese vinegar
- 糖 sugar
- 盐 salt
- 大豆油/花生油 Soy or Peanut Oil
- 竹笋 Bamboo Shoots
- 木耳 (mu'er) Black Wood Ear mushrooms
- 青椒 Green Bell Peppers
- 洋葱 Onion
- 红椒 Red Bell Peppers
- 豆瓣酱 (doubanjiang) broad bean chili paste –Lee Kum Kee brand is easy to find
- 墨西哥辣椒 jalapeño
- 芹菜 Celery

1. 将猪肉切成条 Cut the pork into thin strips.
2. 倒入盐，搅拌均匀，使得肉丝鲜嫩 Add salt and mix it to tenderize.
3. 倒入小半碗水 Add about a half cup of water.
4. 倒入一点盐和胡椒粉，搅拌均匀，可用力拍打，使肉能吃进水，口感会更加嫩 Add more salt and some peppercorn powder, mix it with force so the meat absorbs the water, this will produce tender pork.
5. 往肉里打一个鸡蛋，搅拌 Crack an egg into the meat mixture and beat it in to the mixture, tenderizing.
6. 加入生粉，搅拌 Add corn starch and mix it in.
7. 在肉里加一勺油，使得肉更加滑嫩，不让生粉粘在肉上，将肉搁置一边，使得放入的调料充分吸收 Add some oil to the mixture so the strips do not stick together and flavors can be absorbed into the meat better.
8. 将青椒、红椒去籽，切成薄薄的小条，将洋葱切片，木耳切碎，墨西哥辣椒切成小块，芹菜切成小条，葱叶切段，装入盘中，再加上竹笋一起装入盘中备用 Cut the bell peppers into strips by first cutting off the top and bottom, then cutting a slit to open the cylinder. While rolling flat, cut out the innards of each pepper, then cut in half and stack to cut both at once into slices. Cut the onion into strips by cutting at radial angles to the core. Chop the black wood ear mushroom. Cut the jalapeno, celery, and bamboo shoots into strips. Cut the leafy green part of the green onion into big pieces about an inch and a half long.
9. 将锅烧热，再加入大半锅油，如果锅不热的话肉就有可能粘在锅上 Heat a pot on high, then add half a bucket of oil. Make sure to heat the pot and oil to a very high temperature, otherwise the meat may stick to the pot.
10. 在小碗中倒入生粉和水，搅拌备用，用于勾芡 Mix a slurry of corn starch and water to add to the sauce pan later for thickening.

11. 等锅中油热了，用筷子慢慢夹入肉丝，用筷子在锅中搅拌使得肉丝彼此分离开 Add the meat into the pot using chopsticks to keep the pieces separated, keep stirring and separating the pork while it cooks.
12. 一分钟左右，将肉丝用取出装入盘中，关火 After about a minute of frying, remove the pork using a sieve and turn off the burner.
13. 另起油锅，舀出锅中的一勺油倒入另一个锅中，然后立刻倒出，使锅的内部铺满油 Turn another burner on and add some oil to the sauce pan. Immediately dump the oil back out into the previous pot (we just want to coat the sauce pan).
14. 倒入蒜蓉，豆瓣酱，将之前装入盘中的青椒、红椒、墨西哥辣椒、竹笋、木耳、葱、洋葱一起倒入锅中，翻炒几下 Pour the garlic and broad bean chili paste into the sauce pan. Add the vegetables (green and red bell peppers, onion, jalapeño, bamboo shoots, wood ear mushroom, and the green part of the green onions. Stir fry the vegetables for a while.
15. 加一点料酒、老抽、胡椒粉、四勺白糖 Add some Chinese cooking wine, dark soy sauce, peppercorn powder, and about four tablespoons of sugar.
16. 倒入肉丝，翻炒，加一点醋，根据自己的口味尝一下是否需要再加一点糖 Mix in the fried pork. Add some vinegar, taste. Depending on your preference, adjust the sweet and sour balance by adding sugar or vinegar to your liking. Enjoy!