

THE MAYWAY MAILER

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Healing Foods

Stir Fried Pork with Shu Di Huang

By Teo Potts, L. Ac.



Recipe serves four people.

Ingredients:

19g Shu di huang
1 to 1 ¼ lb of lean pork
(boneless loin pork chops)
1 medium carrot
2 stalks of celery

2 slices ginger cut in half
½ spring scallion sliced

Marinade:

2 tsp soy sauce, 1 tsp brown rice vinegar, 1.5 tsp cornstarch or arrowroot powder

Seasoning:

2 tbsps soy sauce
2 tpsps sugar, 1 tsp rice wine

Methods:

1. Julienne Shu di huang. Thinner slices will soften faster, when using Plum Flower® Shu Di Huang, 1/8 inch slices that are then cut in half lengthwise again work perfectly. Warm 1/3 of a cup of rice wine on the stove just to boiling and then pour over the Shu Di. Cover and soak Shu Di until soft (shouldn't take longer than 2 hours if sliced thin enough. Retain soaking liquid.
2. Peel and julienne carrot. Slice celery thinly on a bias.
3. Wash, dry and then slice pork into very thin strips. Mix with marinade and let sit for at least ½ hour, may cover and put in fridge while you wait for Shu di huang to soften.
4. Stir fry ginger and white part of the scallion in oil



until fragrant. Add shredded lean pork and stir fry. Add the Shu Di and its soaking liquid along with the carrot and celery and stir fry until done. Add sliced green tops of the scallion. Give the seasoning liquid a quick stir to ensure it is well emulsified and pour the liquid into the wok or pan and bring to a boil. Cook until sauce thickens and serve. For an added dimension may serve with lettuce, or cabbage and toasted coconut to make wraps. Serve with rice and a vegetable dish.

Bio: Teo Potts, L.Ac. Bio: Teo Potts, L.Ac. has worked for Mayway Corporation as an Herbal Consultant since 2006. In this capacity he regularly assists acupuncturists, physicians, chiropractors and veterinarians from around the country with the selection of herbal formulas for their patients. Teo has a private practice in Emeryville, California, where he combines Chinese herbal medicine, acupuncture and massage. He specializes in pediatrics, pain, and dermatological conditions.