

CAFE THOMPSON RECIPE

MANDARIN-SPICED PORK LOIN

Mandarin-spiced pork typically combines the citrus flavor of mandarin oranges with warm spices like Chinese five-spice powder, ginger and garlic. The preparation can range from a quick stir-fry to a slow-roasted pork shoulder, resulting in juicy meat with a sweet and savory glaze.

SERVES 6



INGREDIENTS

- 1 pound 2 ounces pork, roast, loin, boneless
- 1/4 cup soy sauce
- 2 tablespoons honey
- 1 tablespoon rice wine vinegar
- 1 teaspoon ginger, minced
- 1/2 teaspoon black pepper
- 1/8 teaspoon Chinese five spice
- 1 tablespoon canola oil
- 15 ounces mushrooms, sliced
- 1 red bell pepper, sliced
- 15 ounces green beans
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1/2 cup mandarin orange

DIRECTIONS

Trim and cut the pork loin into 3/4-inch cubes and place in a bowl.

In a bowl, mix the soy sauce, honey, vinegar, ginger, black pepper and Chinese five spice together to make a marinade. Pour the marinade over the cubed pork, toss to coat and refrigerate, marinating for no longer than 4 hours. Drain off the excess marinade before cooking.

Heat a pan over medium-high heat. Add the canola oil and cook the pork, keeping it moving to cook evenly, for 10 minutes (or until the internal temperature of the pork reaches 145 F.) Add the mushrooms, bell pepper and beans, and cook for 2 minutes longer. Add the sesame oil, soy sauce and mandarin orange, and cook for 1 minute. Remove from the pan. Keep hot for holding.

Side dish

Steamed Jasmine Rice

