
Hawaiian Pork

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

1 pound pork shoulder
2 eggs
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup salad oil
3 green peppers
4 stalks celery
2 cubes chicken bouillon (dissolved in one cup hot water)
1/2 cup pineapple chunks , drained
1/2 cup pineapple juice
3 tablespoons cornstarch
1/2 cup sugar
3 tablespoons soy sauce
1/2 cup vinegar
cooked rice

Cut the pork into one-inch cubes.

In a bowl, beat together the eggs, flour, salt and pepper to make a batter. Heat oil in a heavy skillet. Dip the pork cubes into the batter and drop into the hot oil. Fry slowly to brown. Drain off the excess oil.

Cut the peppers into one-inch squares. Cut the celery diagonally into one-inch pieces. Add the vegetables to the meat.

Add 1/4 cup of chicken bouillon, the pineapple chunks and the juice. Cover and simmer for 10 to 15 minutes until the vegetables are tender but crisp.

Combine the cornstarch and sugar in a saucepan. Blend in the soy sauce, vinegar and remaining 3/4 cup of chicken bouillon mixture. Cook over medium heat, stirring constantly, and until thick and clear. Pour over the mixture. Cover and simmer for 5 minutes more.

Taste for seasonings and serve over hot cooked rice.

Pork

Per Serving (excluding unknown items): 458 Calories; 30g Fat (58.8% calories from fat); 14g Protein; 34g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 955mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 5 Fat; 1 Other Carbohydrates.