

Flavor Adventure from the Far East



The Far East can be as near as your kitchen with this exciting recipe suggestion. Oriental Sweet 'N Sour Pork is an easy version of the colorful, tantalizing Chinese specialties, so popular today.

Cubes of boneless pork are lightly coated with batter (begun from pancake mix) and fried in oil. The pork is then combined with a tangy sweet-sour sauce, boasting squares of green pepper and juicy pineapple chunks. The "sour" of the sauce is vinegar, and the "sweet" comes from maple-blended syrup. The maple-blended syrup lends a distinct, yet delicate flavor to this expertly seasoned sauce.

Served with a bowl of white rice, Chinese snow peas or any favorite vegetable and tea, Oriental Sweet-Sour Pork makes exotic fare for adventuresome diners. A light, seasonal dessert might be colorful chilled melon balls and crisp fortune cookies. Your family or guests will be impressed with your creativity and delighted with this dinner with a Far East flavor.

ORIENTAL SWEET 'N SOUR PORK

Fried Pork:
2 pork blade steaks, cut 1/2-inch thick
1/2 cup pancake mix
1 egg, beaten
1/4 cup chicken stock
1/2 teaspoon salt
Vegetable oil

Sauce:
1 large green pepper, cut into 1-inch cubes
1 garlic clove, minced
1/2 cup chicken stock
1/2 cup maple-blended syrup
1/4 cup vinegar
1 teaspoon soy sauce
One 15-oz. can pineapple chunks
2 tablespoons corn starch

For fried pork, cut pork steaks into 2x1-inch pieces, removing bones. Combine pancake mix, egg, chicken stock and salt; mix until batter is fairly smooth. Dip pork cubes into batter. Fry in 1/2-inch deep hot oil (400°F.) 7 to 8 minutes or until crisp and golden brown, turning once. Remove pork from oil. Drain oil, reserving 1 tablespoon.

For sauce, saute green pepper and garlic in reserved hot oil. Add chicken stock, syrup, vinegar and soy sauce. Bring to a boil; simmer 1 minute. Drain pineapple, reserving 1/2 cup juice. Combine corn starch with reserved juice; gradually add to green pepper mixture. Cook over medium heat, stirring constantly, until sauce is thickened and clear. Stir in fried pork and pineapple; continue cooking over low heat about 2 minutes. Serve over hot cooked rice, if desired. Makes 3 to 4 servings.

from HISTORY'S SCRAPBOOK DATES AND EVENTS FROM YESTERYEARS

- July 22, 1934—"Public Enemy Number One", John Dillinger is shot and killed by a group of 27 federal narcotics officers in Chicago.
- July 23, 1829—William A. Burt of Mount Vernon, Michigan, receives a patent for his "typographer," claimed by many to be the first typewriter in history.
- July 24, 1866—Tennessee becomes the first seceding state to be readmitted into the Union following the end of the Civil War.
- July 25, 1866—Ulysses S. Grant receives the rank of general of the U.S. Army, the first American officer to be so designated.
- July 26, 1947—Congress passes a bill merging the U.S. Armed Services under a single Secretary of Defense.
- July 27, 1909—Orville Wright sets a world record by staying aloft in an airplane over Fort Myer, Virginia, for 1 hour, 12 minutes and 40 seconds.
- July 28, 1821—Independence Day in Peru, commemorating General San Martin's proclamation of freedom from Spanish rule.

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