



**Nova Scotia
Apples**
Pick An Original



Pork Apple Stir Fry

- 3/4 lb. lean pork (leg or loin) cut into 2x1/2 inch (5x1 cm) strips
- 2 tsp. vegetable oil

Sauce

- 1 cup apple cider/juice
- 1 tbsp. soy sauce
- 1 tbsp. brown sugar
- 1 tsp. ground ginger
- pinch crushed chilies (optional)
- 1/2 tsp. cornstarch

Vegetables

- 1 medium red onion, cut in wedges
- 1 stalk celery, sliced
- 1 cup cabbage, thinly sliced
- 2 cups sliced green vegetables
- 3 N.S. red cooking apples, cored and cut in wedges

Combine sauce ingredients; stir well and set aside. Heat oil in large, heavy skillet over high heat; brown pork strips 1-2 minutes. Add onions and celery; and cook while stirring about 1-2 minutes. Add cabbage and green vegetables; cook and stir 2 minutes. Stir in apples and sauce. Bring sauce to a boil; reduce heat to medium. Cook 2-3 minutes until sauce thickens. DO NOT OVERCOOK. Serve immediately over rice or noodles. Makes 4 servings.

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