

Ginger Pork (Buta-niku no shooga-yaki 豚肉のしょうが焼き)

Fresh ginger root is often carried in the produce section of many supermarkets. Since the Japanese attach great importance to fresh ingredients, it is this fresh form and never the powdered form that is used in Japanese cooking. When choosing a ginger root, try finding one that is firm and tight and avoid ones that have soft spots or shriveled skin.

Not only does ginger have a clean, fresh taste to it, it also has many health benefits ranging from aiding digestion, alleviating high blood pressure, and lowering bad cholesterol. With that in mind, why not try this simple, tasty ginger pork recipe?

Ingredients:

Ginger Pork:

$\frac{3}{4}$ lbs. thinly sliced pork
2 T vegetable oil

Ginger Sauce:

2 T sake (rice wine)
3 T soy sauce
2 T grated fresh ginger

Directions:

1. Mix all ginger sauce ingredients in a small bowl. Set aside.
2. Marinate sliced pork in sauce for 10-15 mins.
3. Heat oil in a frying pan and sauté pork over high heat until slightly brown. Reduce heat to medium. Add remaining sauce and cook for 1-2 mins.

Serve immediately. Serves 4.

(Sources: <http://www.anasuper.com/recipe/recipe.asp?recipeid=1012>; <http://en.wikipedia.org/wiki/Ginger>)