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JAPANESE FOOD

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Ginger Pork

Pork and ginger are both believed to have stamina-enhancing properties.



Photographed by Takeshi Noguchi



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Recipe by
Eiko Oba

Easy

Pork

Vegetables

460kcal

20minutes

Calorie count is per serving

Ingredients (Serves 2)

6-8 slices thinly sliced pork loin (250 g)

1/8 cabbage (150 g)

1/2 tomato

[A]

2 tbsp [soy sauce](#)2 tbsp [sake](#)

1 tbsp mirin
 1/2 tsp sugar
 1 tsp ginger (grated)
 A pinch of potato starch
 1/2 tsp vegetable oil

Directions**1**

Shred the cabbage and soak in cold water until crisp, then strain. Remove the stem from the tomato and cut into half-rounds 1 cm thick.

2

Insert your knife into the pork along the border between the lean meat and the fat in 4-5 places, in order to cut the tough fiber along that border. Doing so will help prevent the pork from curling up as it cooks.

3

Spread out 3-4 slices of the pork and sprinkle a small amount of potato starch onto each side of each, using your hands to gently spread it on to coat. Repeat with the remaining pork. In a small container, combine the ingredients for [A].

4

Oil a frying pan with the vegetable oil and heat over medium heat, then add 3-4 slices of the pork. Cook, occasionally moving the pork around, and turn over when the bottoms begin to brown. When both sides of all of the pork have browned nicely, remove from the pan and repeat with the rest of the pork.

5

Place all of the pork back into the pan. Remove from heat, pour the [A] mixture over top, and add the ginger. Heat over low heat, cooking down the sauce and stirring to coat the pork.

6

Arrange on a plate, and serve garnished with cabbage and tomato.



| Average |

Pork

| Average |



| Average |

Tofu and Meatball Nabe Hot Pot

| Difficult |

**Yuzukosho Mapo Tofu
Vegetables**

| Average |

Okonomi-Yaki-Soba

| Easy |

Chirashizushi Cupcakes

| Average |

Tofu and Cabbage Fritters**Mapo Tofu****Bento**

| Average |

Abura-age Sushi Rice**Marinated Japanese Leeks**

| Average |

Onion Sauce Yakisoba