

Adding pork slices to the traditional festive dish 'Fat Choi Ho Si' (Braised dried oyster and black fungus) can increase the protein content of the dish, while adding angled luffa and carrot make the dish more colourful and increase the dietary fibre content. Incorporating these elements to the traditional recipe will have symbolic role in bringing about good luck and health.



New Year with Good Fortune and Wealth

(Stir-fried pork with black fungus, dried oyster and angled luffa)



Nutrient Analysis: (Per serving)

Energy (kcal)	221
Carbohydrate (g)	17
Protein (g)	23
Fat (g)	7
Dietary fibre (g)	3.9
Sodium (mg)	587



Ingredients: (Serves 4)

1. Lean pork slices 6 taels (240g)
2. Dried black fungus 10 g
3. Dried oyster 2 taels (80g)
4. Dried Chinese black mushrooms 8 pcs. (approx. 16g)
5. Angled luffa 8 taels (320g)
6. Carrot slices 1 tael (40g)
7. Ginger 5 slices
8. Spring onion, sectioned 2 stalks
9. Garlic 2 cloves
10. Chinese cooking wine 1 tbsp
11. Vegetable oil 4 tsp

Marinade (For Pork):

1. Soy sauce ½ tbsp
2. Cornstarch ½ tbsp

Seasoning:

1. Soy sauce ½ tbsp
2. Oyster sauce 1 tbsp
3. Sugar ½ tsp
4. Water 2 cups (480ml)

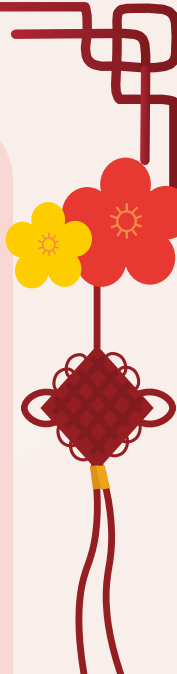
Thickening:

1. Sesame oil ¼ tsp
2. White pepper a pinch
3. Cornstarch ½ tbsp
4. Water 2 tbsp

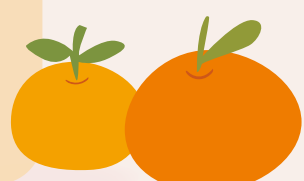




Method:

1. Marinade the pork slices and mix well.
 2. Soak, trim and rinse the mushroom. Soak and trim black fungus. Rinse the dried oyster and soak for half an hour. Drain it.
 3. Rinse the angled luffa, peel off the hard parts and cut into chunks.
 4. Heat 1 tsp oil in a non-stick wok and fry part of ginger and green onion. Add in the dried oyster and add appropriate amount of water to boil. Take out the dried oyster. Add in the black fungus to the remaining water and cook for 3 minutes. Drain it.
 5. Use the remaining oil to fry the garlic and the remaining ginger and green onion. Stir-fry the pork slices and add the dried oyster and mushroom and stir well. Pour in the wine around the edge of the wok. Add in the seasoning, bring to boil and then braise for 15 minutes under low heat.
 6. Put in the angled luffa, black fungus and carrot slices and braise for 10 minute. Stir in the thickening sauce.
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Nutrition / Preparation Tips:

- ✓ When peeling the angled luffa, remove the protruding hard edges first and then peel. Retaining the intermittent green rind can enhance the mouthfeel.
 - ✓ Besides using angled luffa, Chinese lettuce or other vegetables can also be used.
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Notes for Special Diets:

- ✓ Diabetic Diet: Exchange 1½ tbsp of rice (1½ serving of carbohydrates) for each serving of this dish.
 - ✓ Low-Salt Diet: For the marinade, reduce the amount of soy sauce to 1 tsp. Reduce the amount of dried oyster to 1 tael.
 - ✓ Low-Purine Diet: Avoid dried oyster. Reduce the amount of intake of this dish depending on individual condition.
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