

IVORY, RUBIES & JADE

Last Modified: 05/01/2015

PREP: 2 Hrs
COOK: 10 Min
STIR-FRY

F EASY

ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3/4	Pound	Lean Pork	2" Matchsticks
OR			
3/4	Pound	Chicken Breast (Boneless / Skinless)	2" Matchsticks
1	Recipe:	Sauce - Sweet & Sour Sauce (Spicy)	
OR			
1	10 Oz	Jar Any Sweet & Sour Sauce You Like	
4	Tbsp	Vegetable Oil	Divided
2	Stalks	Celery (Diagonally Sliced)	
1	Cup	Red Bell Pepper (Seeded)	1/2" Dice
1	8 Oz	Can Water Chestnuts (Clement) Sliced	Drained
1/2	Pound	Pea Pods	
3	Stalks	Green Onions (Greens Only)	1" Slices
1/8	Tsp	Cayenne Pepper	
1	5 Oz	Can Chow Mein Noodles	

MARINADE

2	Tbsp	Soy Sauce (Lee Kum Kee)	
2	Tbsp	Garlic	Grated

PREPARATION

FACTOID	This is delicious and very appealing to your eye. The white "Ivory" is the 2" long Pork or Chicken Breast matchsticks. The red "Rubies" are the 1/2" Cubes of Red Sweet Pepper. The green "Jade" are the Pea Pods & Green Onions.
TOOLS	1) Quart Zip Lock Bag 2) Wok
PREP	DISH 1) Coarsely slice the Celery Stalks on the bias and set them aside. 2) Wash the Pea Pods, remove the strings and set them aside. 3) Seed, de-vein the Bell Pepper and dice it into 1/2" pieces and set it side. 4) Cut the Green Onion greens on the bias into 1" long pieces and set them aside.
PREP	MARINADE 1) Grate the Garlic Cloves and set them aside.
1	2 Hours Before: Slice the Pork or Chicken Breasts into 1/4" thick, approximately 2" long slices, then, cut the slices into 1/4" thick square matchsticks.
2	1 1/2 Hours Before: Add the Pork or Chicken matchsticks into a quart zip lock bag, Add in the Soy Sauce and Grated Garlic. Seal, squeeze to evenly coat all of the Meat and refrigerate it for at least 1 1/2 Hours, turning once.

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3	Add the Vegetable Oil to a wok over high heat and heat until just smoking. Add in the Pork or Chicken and stir-fry for 2 minutes. Remove the Meat and set it aside. Add in the Celery and stir-fry for 2 minutes. Add in the Red Peppers and stir-fry for 1 minute. Add in the Pea Pods and stir-fry for 1 minute. Add in the Green Onions, Meat, Cayenne Pepper and Sweet & Sour Sauce and stir-fry until the sauce thickens, about 2 minutes.
SERVE	Ladle 1/4 of the Stir-Fry into a bowl. Place the bowl of Stir-Fry on a dinner plate, Surround it with 1/4 of the Chow Mein Noodles. Repeat for the other three servings. Serve while hot.