

MOO SHU PORK & SHRIMP

F MEDIUM

Last Modified: 01/12/2016

PREP: 1 Hr 30 Min
COOK: 30 Min
STIR-FRY

ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Pork Loin (Trimmed)	1/4" Strips
1	Pound	Medium Shrimp (41 / 50 Count)	Cleaned
2	Cups	Savoy Cabbage	Shredded
2	Large	Carrots (Peeled)	Julienned
4	Tbsp	Grapeseed Oil	Divided
1/2	Cup	Grapeseed Oil	
4	Large	Eggs	Beaten
2	Tbsp	Garlic	Minced
2	Tbsp	Fresh Ginger (Peeled)	Minced
1/4	Cup	Wood Ear Mushrooms (Rehydrated)	Julienned
8	Stalks	Green Onions (Whites)	Thin Sliced
8	Stalks	Green Onions (Greens)	1/2" Sliced
12	6" Round	Moo Shu Shells (Wei-Chuan)	Warmed
OR			
1	Recipe	Mom K's - Breakfast - French Pancakes	
		USE: 3/4 Cups Milk (So They Are Thinner)	

MARINADE

1	Tbsp	Sesame Oil (La Tourengelle)	
1	Tbsp	Soy Sauce (Lee Kum Kee)	
1	Tbsp	Corn Starch	

HOISIN SAUCE

1	Tbsp	Grapeseed Oil	
1	Cup	Hoisin Sauce (Koon Chun)	
1/2	Medium	Lime (Juiced)	

PREPARATION

FACTOID	A myriad of wonderful flavors. This used to be my "standard" order at Mike's Chinese Restaurant in Sarnia, Ontario whenever I visited Port Huron.
HINTS	<p>DRIED WOOD EAR MUSHROOMS: (See Picture) Fresh Wood Ear Mushrooms are almost impossible to find in this Country. Dried ones are readily available in any Asian Market.</p> <p>To Re-Hydrate:</p> <ol style="list-style-type: none"> 1) Rinse them thoroughly in a fine wire strainer under cold running water. 2) Soak while submerged in HIGH ROOM TEMPERATURE water for at least 1/2 hour. 3) Remove one and taste it for the correct texture. 4) If OK - Rinse them again thoroughly in a fine wire strainer under cold running water. 5) Pat them dry with paper towels. 6) Process them as required for the dish.

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TOOLS	<ol style="list-style-type: none"> 1) Aluminum Half Sheet Pan. 2) 2 - Medium Mixing Bowls. 3) 2 - Small Mixing Bowls. 4) Large Steel Wok. 5) Small Saucepan & Lid 6) Fine Wire Strainer
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Re-hydrate the Wood Ear Mushrooms (See Hint below). 2) Cut the trimmed Pork Loin into 1/4" square strips about 2" in length and set them aside. 3) Slice the Cabbage into 1/4" wide strips, separate and set them aside. 4) Julienne the Carrots into 2" long Matchsticks and add them on top of the Cabbage. 5) Mince the Garlic Cloves and set them aside. 6) Peel & mince the Ginger and add it on top of the Garlic. 7) Thinly slice the Green Onion whites and add them on top of the Garlic. 8) Cut the Green Onion greens into 1/2" long pieces and set them aside. 9) Lightly beat the Eggs and set them aside.
1	<p>MARINADE: In a medium mixing bowl, thoroughly combine the Sesame Oil, Soy Sauce and Corn Starch. Stir in the Julienned Pork until coated and Marinate it while stirring every so often for 15 or so minutes.</p>
2	<p>In a large wok over medium high heat, add in the 1/2 cup of Grapeseed Oil. Once the Oil smokes, add in the beaten Eggs and quickly scramble them while whisking briskly with a single chopstick, until they puff up and are cooked through. Dump the mixture on one end a heavily paper towel lined sheet pan. Pat with a paper towel to remove Oil puddles.</p>
FACTOID	<p>In any "classy" Asian Restaurant, they will ALWAYS cook their Sauces. You can tell if they did, there will be a slight hint of Oil shimmering on top of the dish of Sauce.</p>
3	<p>HOISIN SAUCE: Meanwhile, in a small saucepan over medium heat, add in the Oil and heat it for 30 seconds. Add in the Hoisin Sauce and cook for 3 minutes. Remove from the heat, stir in the Lime Juice, cover and set it aside.</p>
4	<p>Add 2 tablespoons of Grapeseed Oil to the wok. Add in the Pork and any remaining Marinade and stir-fry it for 1 minute - it shouldn't be fully cooked yet. Dump on the other end of the paper towel lined sheet pan.</p>
5	<p>Add 1 tablespoon of Grapeseed Oil to the wok and heat until it shimmers. Add in the Garlic, Ginger, Green Onion Whites and Shrimp to the pan. Stir-fry for 1 to 2 minutes until the Shrimp is cooked through. Reserve the mixture in a medium mixing bowl.</p>
HINTS	<p>You may either steam the Moo Shu Wrappers all at once in their vented package in a microwave or heat them individually on both sides in a cast iron skillet over high heat until a few brown spots appear.</p>
6	<p>Add 1 tablespoon of Grapeseed Oil to the wok and heat until it shimmers. Add the re-hydrated Wood Ear Mushrooms, Cabbage and Carrots and stir-fry until the Carrots are soft. Mix in the Scrambled Eggs, Pork and Green Onion Greens, stir-fry until hot, about 1 to 2 minutes.</p>
7	<p>Divide the Hoisin Sauce equally into 4 small serving dishes. Divide the Moo Shu equally on 4 warmed dinner plates.</p>
SERVE	<p>Place it on a serving platter with the mixture from the bottom of the skillet on top. Serve while hot.</p>
ENJOY	<p>On a warm Moo Shu Wrapper, spoon a generous amount of Hoisin Sauce. Add a generous strip of Moo Shu Filling. Roll tightly, folding up the bottom end first to prevent leaks and eat like a Spring Roll</p>