

INGREDIENTS

- 2 Blocks of Fu (Dry Gluten)
- 1/2 pkg. Bean Sprouts (Rinsed)
- 1/4 Carrot
- 1/2 Head of Cabbage
- 8 oz. Yakiniku Pork Belly
- 4 Eggs
- Shirodashi
- 1 tsp. Garlic Paste
- 1 tbsp. Sesame Oil
- 1/4 Cup Water
- Vegetable Oil for Frying

RECIPE

- Cut 2 blocks of Fu into about 1/2 inch pieces, rehydrate it in a bowl of water, then squeeze the water out with your hand.
- Peel and julienne Carrot, chop Cabbage into small pieces, and cut Pork into 1 inch pieces.
- In a bowl, beat Eggs, mix in 2 teaspoons of Shirodashi, and add in the Fu.
- In a separate bowl, mix 1/4 cup of Shirodashi with 1/4 cup of water, and add in Garlic Paste.
- Heat up a frypan with Vegetable Oil, lightly scramble the Eggs and Fu mixture, and set it aside on a plate.
- Add a little more Vegetable Oil to the frypan and stir fry the Pork, add in the Carrots. Then add Cabbage and Bean Sprouts and stir fry for a few minutes.
- Add scrambled Eggs and Fu to pan and pour on the Shirodashi and water mixture.
- Top with Sesame Oil, and serve hot. Serves two people.