

 **Celery and Pork Stir-fry****Hanggai** (China)**INGREDIENTS**

5-7 stalks celery, cut into thin diagonal slices

¼ lb. pork, lean with a few streaks of fat, thinly sliced

1 Chinese onion

1-2 teaspoons dark Chinese soy sauce

½ teaspoon MSG

1 teaspoon salt (or to taste)

METHOD

Slice celery into thin diagonal pieces, place in bowl. Slice partially frozen pork into thin slices about 1 inch across, about 1/8 inch thick, place in bowl. Slice onion into 1/8 inch ringlets, place in bowl. Put all bowls within easy reach.

Over high flame, heat wok. When a drop of water sizzles in pan, add pork. Stir fry pork (without oil) 5 minutes. (The fat in the pork will gradually dissolve, lubricating wok).

Place onion into wok. When fragrant, add soy sauce. Place celery into wok. Stir fry approx 3 minutes. Add MSG. Add salt to taste. Remove onto plate. Serve.