



Moo-Shu Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon sesame-ginger dressing
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cucumber english thinly sliced lengthwise
- ☐ 2 large eggs lightly beaten
- ☐ 3.7 cups flour all-purpose
- ☐ 1.5 cups mushroom caps fresh thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon pepper white

- ☐ 4 tablespoons soy sauce light
- ☐ 0.5 ounce mushroom caps dried black chinese (also known as fungus or wood ear mushrooms;)
- ☐ 5 cups napa cabbage cored quartered
- ☐ 3 tablespoons oyster sauce
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 12 ounces pork butt trimmed thinly sliced
- ☐ 4 tablespoons rice wine
- ☐ 4 spring onion white green thinly sliced (and parts)
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ wok
- ☐ rolling pin

Directions

- ☐ In large bowl, stir together flour and 1 cup boiling water until water is absorbed.
- ☐ Add 1/2 cup cold water and knead until smooth dough forms. Cover bowl tightly with plastic wrap and let rest 1 hour.
- ☐ In large nonreactive bowl, toss together pork, 2 tablespoons soy sauce, 3 tablespoons rice wine, pepper, and cornstarch.
- ☐ Let marinate 30 minutes.
- ☐ Meanwhile, in small bowl, combine dried black mushrooms and boiling water to cover.
- ☐ Let stand until tender, about 10 minutes.

- ☐ Drain, squeezing out excess liquid, rinse to remove any grit, discard stems, and coarsely chop caps. Set aside.
- ☐ In small bowl, stir together remaining 2 tablespoons soy sauce, remaining 1 tablespoon rice wine, oyster sauce, and sugar. Set aside.
- ☐ In small sauté pan over moderate heat, heat sesame oil until hot but not smoking.
- ☐ Add eggs and scramble until softly set, about 1 minute.
- ☐ Transfer to small bowl and set aside.
- ☐ On lightly floured work surface, roll dough into long, even cylinder 1 to 1 1/2 inches in diameter. Using sharp knife, cut cylinder crosswise into about 30 (3/4- to 1-inch) slices. Using rolling pin, roll each slice out to 3 1/2-inch-diameter circle (about 1/8 inch thick).
- ☐ Brush 1 circle with sesame oil and top with 2nd circle. Repeat with remaining circles to form 15 "sandwiches."
- ☐ Roll each "sandwich" out to 6-inch diameter. (Pancakes can be made ahead up to this point and frozen, layered between parchment or waxed paper, up to 1 month.)
- ☐ Heat wok or heavy large sauté pan over moderate heat.
- ☐ Brush pan lightly with peanut oil and cook pancake "sandwiches" in batches until lightly golden, about 3 minutes per side, brushing pan with oil between each batch.
- ☐ Transfer each "sandwich" as done to large plate and immediately peel apart 2 halves. Cover with moist towel while cooking remaining pancakes. Keep warm until ready to serve.
- ☐ In wok or heavy large sauté pan over moderately high heat, heat peanut oil until hot but not smoking.
- ☐ Add ginger, garlic, half of scallions (reserve remainder for garnish), and pork and stir-fry until pork is cooked through and caramelized, about 5 minutes.
- ☐ Add black mushrooms, cabbage, shiitake mushrooms, and cucumber and stir-fry until vegetables are tender, 2 to 3 minutes.
- ☐ Add eggs and soy sauce-rice wine-oyster sauce mixture and stir-fry until heated through, about 1 minute.
- ☐ Transfer to serving bowl and garnish with remaining scallions. To serve, divide pork mixture among pancakes and roll up to enclose mixture.

Nutrition Facts



Properties

Glycemic Index:83.27, Glycemic Load:69.8, Inflammation Score:-9, Nutrition Score:43.992173941239%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 842.78kcal (42.14%), Fat: 25.45g (39.15%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 112.06g (37.35%), Net Carbohydrates: 104.75g (38.09%), Sugar: 11.22g (12.47%), Cholesterol: 144.03mg (48.01%), Sodium: 1527.17mg (66.4%), Alcohol: 2.41g (100%), Alcohol %: 0.58% (100%), Protein: 36.84g (73.68%), Selenium: 77.59µg (110.84%), Vitamin B1: 1.47mg (97.81%), Folate: 325.62µg (81.41%), Vitamin B2: 1.31mg (77.11%), Vitamin B3: 15.31mg (76.57%), Manganese: 1.36mg (67.82%), Vitamin K: 70.9µg (67.53%), Vitamin B6: 1.1mg (54.81%), Phosphorus: 514.69mg (51.47%), Iron: 8.24mg (45.79%), Vitamin B5: 3.81mg (38.1%), Vitamin C: 29.48mg (35.73%), Zinc: 5.33mg (35.55%), Potassium: 1080.1mg (30.86%), Fiber: 7.31g (29.24%), Copper: 0.52mg (25.82%), Magnesium: 92.57mg (23.14%), Vitamin E: 3.06mg (20.4%), Vitamin B12: 1.05µg (17.53%), Calcium: 143.92mg (14.39%), Vitamin A: 582.26IU (11.65%), Vitamin D: 1.36µg (9.09%)