

Recipes: Tammy Wong - June 6, Market Talk (Mpls Farmers Market)

Lemongrass Pork Tenderloin over Mixed Greens

Serves 2-4

Ingredients:

1 lb. Pork Tenderloin, thinly sliced
(you can also use flank steak or chicken breast.)
1 bag Mixed Greens, well rinsed
1-2 Tomatoes, wedged
1 med. Onion, thinly sliced
3 cloves of Garlic, minced
2 tablespoons Vegetable Oil
2 tablespoons Lemongrass, minced
2 tablespoons Fish Sauce
1 teaspoon Granulated Sugar

Mix fish sauce, lemongrass, and sugar in a small bowl.
Place the mixed greens and tomatoes on a platter.
Heat oil in a wok or large sauté pan over high heat.
Add garlic and sauté till slightly browned.
Add pork, stir constantly, until pork is just cooked through.
Add fish sauce, lemongrass, and sugar mixture and onion.
Cook 2-3 minutes, stirring constantly, or until onion softens.
Dish out over mixed greens and tomatoes. Enjoy!

Stir Fried Pea Shoots

Serves 2-4 as a side dish

Ingredients:

3 bunches of Pea Shoots from the farmer's market, use only the tender portion, remove whisker-like tips.
6 cloves of Garlic, chopped
2 tablespoons Fish Sauce
½ teaspoon Granulated Sugar
3 tablespoons Vegetable Oil

Mix together fish sauce and sugar in a small bowl

Heat oil in a wok or large sauté pan over high heat.

Add garlic, brown slightly, then add pea shoots and fish sauce.

Cook, stirring constantly, until bright green, about 1 minute.

