

Recipe adapted from allrecipes.com.



Cantonese Lobster Stir-Fry

4 lobster tails, chopped
1/3 c peanut oil, divided
2 cloves garlic, minced
3 slices fresh ginger, minced
6 oz. lean ground pork
1 c chicken broth
1 T Port
1 T soy sauce
1 T corn starch
2 t brown sugar
2 eggs, beaten
3 green onions, chopped

Over medium heat half of the peanut oil in a skillet and toss in the garlic. After about a minute, or when the garlic is fragrant, stir in the lobster. Cook for 4 to 5 minutes or until cooked through. Remove the lobster and set it aside, keeping it warm.

Next add the remaining peanut oil to the skillet and cook the ginger and pork over medium heat until the pork is cooked through. Pour in the chicken broth and bring the mixture to a boil, stirring occasionally. Then in a small bowl mix together the Port, soy sauce, corn starch and brown sugar and then add it to the skillet. Cook for a few more minutes, or until the sauce becomes thick.

Once the sauce has thickened reduce the heat to low and add the green onions and beaten eggs. Stir the eggs throughout the pan. Next add the lobster back into the stir-fry and cook for an additional minute or two. Transfer to a serving dish and eat with steamed rice.