



STIR FRY STEPS:

Step 1 | PORK
Heat 2 Tbsp (30 mL) of cooking oil in a wok or deep sauté pan on medium-high to high heat. When the pan is heated, add pork and stir fry for 3-4 minutes until golden and all traces of pink are gone. Remove the pork from the pan and set aside.

Step 2 | VEGETABLES
Next, add another 2 Tbsp (30 mL) of oil in the same deep sauté pan or wok. When the pan is heated, add desired vegetables, adding those needing the longest cooking time first. Stir fry vegetables until almost cooked.

Step 3 | SAUCE
Add cooked pork back into the pan or wok, and mix well with vegetables. Add your favourite stir fry sauce and cook, turning the pork and vegetables often until everything is coated with sauce and the pork is cooked to 160°F (71°C).

Step 4 | ENJOY
Once finished, the dish can be served with steamed rice or other traditional side dishes for a complete meal.

CONSUMER MARKETING SUPPORT

- ON-PACK PREPARATION LABELS
- RECIPES AND VIDEOS FOR HOME CHEFS AND BUTCHERS AVAILABLE ON THE WEBSITE
- PRICE TAG MOULDING GRAPHICS
- RAILCARDS
- PORK STIR FRY CONSUMER CARDS

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PROUD SUPPLIERS OF VERIFIED CANADIAN PORK™:

NATIONAL PORK MARKETING PROVINCIAL PRODUCER ORGANIZATIONS: BC PORK PRODUCERS, ALBERTA PORK, SASKATCHEWAN PORK DEVELOPMENT BOARD, MANITOBA PORK COUNCIL, ONTARIO PORK PRODUCERS MARKETING BOARD, PORK NB PORK, PORK NOVA SCOTIA, PEI HOG COMMODITY MARKETING BOARD.

PARTNERS IN SUCCESS: CANADIAN PORK COUNCIL, CANADIAN MEAT COUNCIL.

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SIZZLING CANADIAN PORK STIR FRY

STIR UP SALES AND BOOST MARGINS IN THE MEAT DEPARTMENT AND ON MENUS. OFFER A FAST AND EASY MEAL SOLUTION WITH QUICK-COOKING, DELICIOUS PORK STIR FRY.

SIZZLING CANADIAN PORK STIR FRY
QUICK AND DELICIOUS

PREPARATION: Heat 2 Tbsp (30 mL) cooking oil in deep pan on medium-high. Add pork stir fry; sauté 3 – 4 minutes until golden; remove & set aside. Heat 2 Tbsp (30 mL) oil in same pan; add vegetables & stir fry until almost cooked. Add pork and your favourite stir fry sauce; cook, turning pork and veg often until coated with sauce and pork is cooked to 160°F (71°C).

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FRESH CANADIAN PORK STIR FRY MERCHANDISING GUIDE

COOKING METHODS | — PAN FRY | — STIR FRY

Customers are looking for meal ideas. Provide innovative value-added products by pre-slicing, shredding and grinding Canadian pork for your customers or use regular pork cuts. Highlight stir fry options by offering our easy-to-follow resources that demonstrate how to prepare pork so consumers can enjoy authentic stir fry dishes.



SHOULDER, BLADE (BUTT) CAPICOLA
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm



SHOULDER, PICNIC CUSHION, BONELESS
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm



PORK TENDERLOIN
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm



LOIN, SHORT CUT BACK, BONELESS (RIB-END)
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm



LOIN, SIRLOIN, BONELESS
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm



LEG (FRESH HAM) INSIDE BONELESS
Sliced for Shredded Stir Fry Strips
Extra-Thin Slice: 2-3 mm

SHREDDED PORK STIR FRY STRIPS

Shredded pork stir fry strips are used in many classic Chinese dishes. To create shredded pork, first slice pork into 3 mm thick slices, then arrange the slices overlapping each other; next, “shred” the pork by cutting the slices into 3 mm strips. Similar to julienne, this method results in very thin strips of pork. Placing the pork in the freezer for a short time beforehand can make slicing easier.

COOKING SUGGESTIONS:

Yuxiang Shredded Pork (Yu Xiang Rou Si, 鱼香肉丝): Offering authentic flavours of Szechuan cuisine, Yu Xiang Rou Si delivers an abundance of fragrance with outstanding garlic and spicy taste. A popular choice on restaurant menus.

Shredded Pork with Green Pepper (Qing Jiao Chao Rou Si, 青椒炒肉丝): Made with simple ingredients found at most grocery stores, Qing Jiao Chao Rou Si is one of the most popular home-style stir fry dishes found across China. The freshness of green pepper combines well with pork to offer a dish enjoyed by all.

Stir fry programs differentiate your business and grow margins on primal cuts year-round.

They target consumers looking for a quick, nutritious meal and can add incremental sales by offering other stir fry ingredients like vegetables, sauces and sides.

GROUND PORK FOR STIR FRY

Minced pork is found in many classic Chinese stir fry favourites, representing regions and flavours from all over the country.

COOKING SUGGESTIONS:

Chinese Eggplant with Minced Pork (Yu Xiang Qie Zi, 鱼香茄子) A home-style specialty from Northern China, the combination of minced pork with Chinese eggplant results in a savoury stir fry that is both filling and satisfying.

Stir Fried Chinese Green Beans with Pork (Dou Jiao Chao Rou Mi, 豆角炒肉糜) Comfort food at its finest—green beans are dry-fried using a small amount of oil over a long cooking time to achieve the desired result of a slightly charred surface. The addition of ground pork infused with a few seasonings and a simple sauce delivers incredible flavour.



SHOULDER (BLADE) BUTT, CAPICOLA BONELESS
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



SHOULDER PICNIC CUSHION, BONELESS
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



PORK TENDERLOIN
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



LOIN, SHORT CUT BACK, BONELESS (RIB END)
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



BELLY, SKINLESS, SQUARE CUT
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



LEG (FRESH HAM) INSIDE BONELESS
Sliced for Stir Fry Slices
Extra Thin Slice: 2-3 mm



MEDIUM GROUND PORK
Ground Pork for Stir Fry
77% Lean (Maximum fat content 23%)



LEAN GROUND PORK
Ground Pork for Stir Fry
83% Lean (Maximum fat content 17%)



EXTRA LEAN GROUND PORK
Ground Pork for Stir Fry
90% lean (Maximum fat content 10%)

PORK STIR FRY SLICES

For outstanding flavour ensure stir fry slices are prepared by slicing against the grain to create bite-sized pieces that can be cooked very quickly to produce tender results. Placing pork in the freezer for a short time beforehand can improve slicing. When preparing certain stir fry recipes, using pork slices rather than strips is essential for reproducing several authentic variations of traditional Chinese stir fry dishes.

COOKING SUGGESTIONS:

Chinese Twice Cooked Pork (Hui Guo Rou, 回锅肉) This classic Szechuan style stir fry dish traditionally uses skin-on pork belly. The soul of this dish is the Szechuan chili and bean sauce; using pork belly containing generous layers of fat and lean meat delivers mouth-watering results.

Pork and Cabbage Stir Fry (Gan Guo Shou Si Bao Cai Chao Rou, 干锅手撕包菜炒肉) This dish combines the fresh, crispy texture of hand-torn cabbage with the savoury flavour of thin-sliced pork. Tearing the cabbage by hand rather than slicing it with a knife produces an authentic culinary experience that can be quickly prepared.



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