

Shrimp with Black Bean Sauce

2	tablespoons	fermented Chinese black beans
1/4	pound	ground lean pork
3	cloves	garlic, minced or pressed
1	tablespoon	minced fresh ginger
1 1/2	cups	chicken broth
2	tablespoons	oyster sauce
1	tablespoon	cornstarch
2	tablespoons	oil
1	pound	medium-size shrimp (43 to 50/lb.), peeled and de-veined
4	green	onions, ends trimmed, sliced thin
6	cups	finely shredded napa cabbage

Rinse beans in fine strainer under cool running water; drain. Mix beans with pork, garlic, and ginger. Stir broth and oyster sauce with cornstarch. Place wok or a 10- to 12-inch frying pan over medium-high heat and add oil. When oil is hot, add shrimp. Stir-fry just until shrimp are opaque in center (cut to test), about 3 minutes. Lift from pan. To pan add pork mixture. Stir-fry until crumbly and lightly browned, about 5 minutes. Add broth mixture and stir until boiling. Mix in shrimp and onions. On a platter, mound cabbage; top with shrimp mixture. Makes 4 servings.

Comments:

Nutrition Information (updated 08/2009): per serving:
300 calories;
34 g. protein;
9 g. carbohydrate;
16 g. fat

Source: Sunset, May 1991