



Sweet & Sour Pork (Local Style)

Level: Easy Prep & Marinade Time: About 1 hour 30 minutes

Serves: 6 to 7 Cook Time: approx. 1 hour in electric pressure cooker, about 2 to 2.5 hours on stove top

3 pounds fresh boneless pork butt or shoulder (not frozen), cut into 1½-inch cubes

Marinade:

- 3 Tbsp. all-purpose flour
- 2 Tbsp. shoyu (soy sauce), (see Notes below)
- 1 inch fresh ginger, peeled and crushed
- 2 garlic cloves, peeled and crushed

Sauce:

- ½ cup dark brown sugar, packed
- ½ cup apple cider vinegar
- ½ cup water
- ¼ cup shoyu (soy sauce), (see Notes below)



Other Ingredients:

- 1 Tbsp. vegetable oil
- 1 (8.25 oz.) can pineapple chunks in heavy syrup, drained

In a large bowl, mix the flour and shoyu (it will form a thick paste). Add the ginger, garlic, and cubed pork. With clean hands, mix until all the pork cubes are evenly coated with the paste. Refrigerate and marinate for 30 minutes up to 1 hour. Meanwhile, mix the sauce ingredients in a medium bowl and set aside.

For an electric pressure cooker: Using the "Saute" function, brown all sides of the cubed pork in the 1 Tbsp. of vegetable oil. Do not overcrowd the pot and brown the pork (along with the garlic and ginger) in batches. Add the sauce to the pot and all of the browned pork (including the browned garlic and ginger). Stir. Lock lid in place and ensure the Pressure Valve is in the Lock position. (Please follow all your electric pressure cooker's safety instructions.) Press the "Chicken/Meat" function until it indicates "Medium" cooking mode (40 minutes). When the cycle is complete, using tongs to prevent injury, carefully rotate the Pressure Valve to the Open position. Be careful as this will allow the pressure and hot steam to release. When all the pressure is released, carefully remove lid and add the pineapple chunks.

Notes:

- Do not use a "lite" or low-sodium soy sauce. I used Kikkoman Soy Sauce for its strong, salty taste.
- Do not eat the crushed ginger.
- If cooking in a regular pot on the stove, follow all instructions but brown the pork in batches in a separate frying pan. Then in a large pot, bring sauce and browned pork to a boil, then lower heat to simmer for 2 to 2½ hours. Watch after 2 hours to see if liquid is evaporating too fast.
- Tastes better the next day.