

Seaweed Deep Fried Pork

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AGB 410



About Seaweeds



- Seaweeds are algae can be found in throughout the world's oceans and seas
- Considered a great delicacy in many Asian countries



Seaweed Nutrition Facts

- High nutritional values
- Low in Cholesterol
- Good source of vitamin B5
- Beneficial for reducing cholesterol, Rheumatoid arthritis and Acne



Deep Fried Pork Recipe

- pork (fillet part)
- Flour or biscuit mix
- starch powder
- Onion
- Cucumber
- Carrot
- a green pepper
- Egg
- Salt
- black pepper
- garlic
- vinegar



Directions



How to fry chopped pork

- ❖ Mixed them with salt, black pepper, chopped garlic, flour, and egg.
- ❖ Pour the oil into a pan or skillet about 3/4 to 1 inch deep and heat on medium high. Test the oil temperature by dropping a tiny pinch of the coating mix into the oil.
- ❖ Once the oil is hot, take out the chopped pork from the coating mix and fry them for about 5-8 minutes on the first side until golden brown.

Direction cont'd



- **How to make sauce**

- ❖ chop all the vegetable (seaweed, onion, carrot, green pepper, cucumber)
- ❖ Use sugar, vinegar, soy sauce by ratio of 2 to 1 to 2 and mix
- ❖ Fry the vegetables in low temperature
- ❖ After frying the vegetables, pour water and starch to make the sauce thicker of 1:1 ratio.

Citation



- <http://www.seaweed.ie/index.html>
- http://www.ehow.com/how_4700695_easy-fried-pork-chops.html
- My mom's recipe