

## Thai Coconut Lime Pork

2 c.....Rice  
3 Tbs.....Oil  
1 lb.....Diced Pork  
1 ea.....Onion  
13.5 fl oz .....Coconut Milk  
2 Tbs.....Chopped Fresh Ginger  
1 Tbs.....Chopped Fresh Mint  
1 ea.....Juice of Lime  
to taste .....Kosher Salt.



1. Cook rice according to directions.
2. Julian onions.
3. Heat oil in a large wok then sauté pork until golden brown.
4. Add onions and sauté.
5. Remove from heat and add remaining ingredients.
6. Serve the mixture over the rice.

Pork is popular in Thailand and every part of the pig is used. It is also used with a wide variety of ingredients. Thai Food is normally spicy HOT but can be toned down for wimps like me. It is also very fresh tasting because you don't cook it long. It is very balanced in all of the different flavors. Some of the key ingredients consist of Thai chilies, coconut milk, sticky rice, fresh cilantro, fresh basil, mint, ginger, curry, lemon grass, and limes.

This dish has no heat to it but can be made with crushed red chilies to spice it up some. Lemon grass can be used in place of or along with the limejuice. It is easy to substitute the meat to make it vegetarian by adding diced eggplant and/or tofu. Rice is eaten with just about everything. This dish would normally be served with a cucumber salad would be followed by fresh fruit for dessert. Chopsticks are not used, except with Chinese type noodles, in Thailand but the fingers and spoon & fork are. When using the fingers the food is rolled into little balls with the rice.

The schedule for my next block of classes is now on line at [bellapanini.com](http://bellapanini.com). They will be happening in February and March.

Be creative, have fun and enjoy!!!