

Simple Recipes

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3.3.5 Mung Bean Thread (Fun-Su) with Ground Pork

Ingredients:

(1) 2 oz ground (chopped) pork	(2) 2 t chopped green onion	(3) 3/4 t salt
2 packs bean threads (3 oz)	1 t minced ginger root	2 T soy sauce
	1/2 T hot bean paste (option)	1 t sugar
		1 t corn starch
		2 cups chick. broth

Obtaining good quality bean threads is essential; poor quality threads will crumble into short segments or become gummy upon cooking and have inferior taste. Many brands from mainland China are inferior. “Pine Brand” from Thailand (where bean threads are popular) is good. Bean threads are cheap, so avoid the cheapest brands.

Purchase fresh, sealed ground pork (good color), immediately place in zip-lock bag and flatten to about 1/4 inch thickness, divide into 1 oz squares, and freeze unused portion for later use.

Soak bean threads in warm water until flexible (10 to 30 min, do not over-soak), drain, and cut into about 8 inch lengths with scissors.

Heat pan with 4T (canola) oil. Stir fry pork 2 min, into small chunks, then add (2). Stir fry until fragrant and add bean threads and (3). Cover and simmer 8 min, remove to serving plate. Garnish with coriander.