

Braised Pork in Soy Sauce Recipe

Ingredients: Serves 4

900g streaky pork
2 tablespoons lard or butter
2 cloves garlic, crushed
3 shallots, pounded
1 star anise
1 tablespoon sugar
2 tablespoons dark soy sauce
1 teaspoon salt
225ml (1 cup) water

Marinade:

1 tablespoon dark soy sauce
1 teaspoon honey
½ teaspoon five-spice powder

Method:

Make a marinade by combining the soy sauce, honey, and five-spice powder. Marinate the pork for about an hour. Heat the lard in a wok or saucepan and fry the garlic, shallots, star anise, and the sugar until the shallots turn brown. To this, add the pork and brown it on all sides. Add 2 tablespoons dark soy sauce, salt, and half the water (about 110ml). Cover and cook for 10 minutes. Remove the lid and continue to cook, stirring until the sauce is thick. Add the rest of the water and simmer, stirring to prevent sticking. Cover and continue cooking at a simmer until the meat is tender (about an hour). Add a little more water if the sauce dries out before the meat is ready. Cool. Cut the pork into thick slices and serve. This streaky cut of pork you want for this dish must have skin and some fat. In China, it is called three-layered meat, referring to the skin, fat and meat. Braised in dark soy sauce, it becomes a comfort food relished by the southern Chinese. Perfect with a bowl of steaming fragrant jasmine rice.

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