

Pig Mesentery with Pepper Mint Leaves Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

300g cleaned pig's mesentery
100g yam
2 red chilies (cut into triangles)
5 stalks pepper mint leaves
450ml chicken broth

Seasoning:

1 tablespoon salted bean paste
1 teaspoon sugar
1 tablespoon oyster sauce
1 tablespoon Shaoxing wine
a drop of dark soy sauce

Method:

Peel the yam and cut into small strips, deep-fry in hot oil for a while until crispy and golden in color. Dish up, drained and keep aside. Rinse the pig's mesentery and cut into strips. Blanch into boiling water for a while. Remove, leave aside. Heat up 2 tablespoons oil to sauté chilies until fragrant. Pour in chicken broth, bring to a boil. Place in pig's mesentery, yam and seasoning, stir well. Simmer over a medium heat for 3 minutes. Lastly, blend in pepper mint leaves, stirring constantly until well-combined. Thicken with a little cornstarch solution. Dish up and serve hot.

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