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EPISODE 19 - CRISPY CHINESE PORK BELLY "SIU YUK"

Ingredients:

1200 g pork belly
2 spring onions
1 piece ginger
1 tbsp salt
½ tbsp brown sugar
½ tsp ginger powder
½ tsp garlic powder
½ tbsp five spice powder
¼ tsp white pepper
1 tbsp Shaoxing wine
1 tbsp sesame oil
¾ tsp baking soda
1 tbsp rice vinegar

Mustard mixed with extra Shaoxing wine as dipping sauce

Method:

Chop the spring onions and the ginger very roughly and place into a large sauce pan of cold water

Add the pork and cover

Bring to the boil, reduce the heat and simmer for about 5 minutes

Remove the pork and plunge it into ice water

Allow to cool for about 20 minutes

Remove and pat dry thoroughly with paper towels

Slice the underside of the meat across the grain till about 1cm away from the skin

Mix the salt, sugar, garlic and ginger powder, 5 spice powder and pepper in a small bowl

Rub thoroughly into the meat (including into the slices) but not the skin

Turn over and puncture the skin all over with any sharp objects (the more punctures, the better)

Place on a sheet of aluminium foil and form a box around the meat

Spread the vinegar over the skin and place the pork uncovered into the fridge overnight (at least 5 hours)

Preheat the oven to 180° C (fan forced / convection)

Remove from the fridge and massage the baking soda into the skin

Do the same with a bit of sesame oil

Place in the middle of the oven and bake for 40 minutes



EPISODE 19 - KNUSPRIGER CHINESISCHER SCHWEINEBAUCH “SIU YUK”

Raise the heat to 200° C and switch to top heat only (grill mode) for about a further 20 minutes

Keep checking so make sure that the skin doesn't burn

Remove carefully from the oven and place skin side down on a chopping board

Cut through the sliced parts and chop into square shaped blocks

Serve with the dipping sauce and steamed vegetables with oyster sauce