

CHINESE FIVE SPICE BRAISED PORK BELLY

NORTH ASIA
/ CHINA

ORIGINS

The traditional dish was created during the Three Kingdoms Period from 200-280 AD as a warming meal cooked in a spiced stock over hot coals for the cold winter months. Loved for many generations to follow, including the Emperors of the Qing Dynasty, this special Chinese dish is still a staple worldwide today.



4



10 min



90 min



WHAT YOU NEED

- 1/2 pkt (11 g) Chinese spice
- 500 g skinless pork belly*
- 1 onion, chopped
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 cup chicken stock

HOW TO MAKE

①

Brown pork belly, 5 min each side. sauté onion, 5 min. Add spice, sauté 1 min.

②

Add oyster and soy sauce, vinegar, honey, stock and bring to a boil, simmer 60 min.

③

Remove pork and continue simmer sauce to reduce to a thick sauce.

HOW TO SERVE

Serve with steamed rice and stir fry asian greens*.

HINTS & TIPS

SIDES & CONDIMENTS

Asian stir fry greens*:

100 g broccolini,

2 bok choy,

1 fresh chilli,

1 tbsp sesame seeds,

1 tbsp sesame oil,

2 tbsp soy sauce,

2 tbsp maple syrup

Saute greens with chilli, sesame oil, soy sauce

and maple syrup and sprinkle with sesame seeds.

SWAPS & ALTERNATIVES

veggie combos: any combination of asian vegetables can be used

reduce meat: 250 g pork + 250 g mushrooms

alternative: replace skinless pork belly* with pork chops or pork shoulder cubed

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