Moychoy niouk

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 lbs nice not-too-fat pork belly with skin
- about 200g dried salted mustard (kon ham choy)
- garlic (1 bulb)
- dark soy sauce
- fish sauce
- sugar
- salt
- chinese rice wine

Instructions

- Soak dried mustard till soft, rinse, chop into 1cm pieces.

First we have to blanch the meat. This is to remove excess fat but still keeping the meat's tenderness.

1. Boil some water in a wok. Drop in the pork belly. Leave for 10 mins, turn once.

2. Remove and pat dry with kitchen towel.
3. Heat some oil in a hot wok. Add the pork belly, skin side down.
   Be careful, hot oil will splash out ! Cover. Leave covered 5 mins and turn over.

4. Let cook for 5 more mins. Remove and drain.
5. When the pork has cooled down, cut into 1 ½ cm thick slices.

6. Heat 3 tbsp oil in hot wok. Add the pork slices, season with salt, fish sauce, dark soya sauce and sugar.

7. Stir fry till nicely brown. Add garlic and salted mustard. Add wine.
8. Cook until almost dry. Remove from heat.
9. Arrange pork slices in a bowl, skin side down. Put the dried mustard on top.

10. Steam for about 2-3 hours until the meat is tender and full of flavour.
11. When cooked, remove, and turn bowl on a dish for a nice presentation.

Serve with hot rice.