



Chinese BBQ Pork

NIBBLEDISH CONTRIBUTOR

Ingredients

BBQ Pork Caramel Sauce : - 4 tbsp maltose - 2 tbsp honey - 1 tsp hoisin sauce - 1 tbsp sweet soy sauce - 1 tsp Chinese five spice powder - 1 tbsp Chinese rose wine (OR regular - shaoxing wine) - white pepper - sesame oil - salt to taste
BBQ Pork : - 1 tsp minced garlic - 1 tsp minced shallot - 2 lbs+ pork belly (OR use pork loin OR pork shoulder) - caramel sauce

Instructions

I had a terrible experience the last time I had a craving for some "Char Siu" (Cantonese style BBQ Pork). After fighting an hour's worth of traffic to reach Chinatown and waiting in line for half more at my favorite BBQ restaurant "Sam Woo", I was left staring at the last piece of Char Siu which was practically screaming, "I'm dry and burnt, but I'm the last piece standing and you've come this far" And that was enough inspiration for making my own Chinese BBQ Pork nowadays whenever I have a craving for that sweet, sticky, tender hunk of "red" meat. Personally, I prefer my Chinese BBQ Pork with egg noodles tossed with the BBQ Pork caramel sauce. But its always great with plain white rice, fried rice, or as bun stuffings.

BBQ Pork Caramel Sauce : 1) To avoid sticking or burning onto the pan, cook all ingredients on a double boiler on medium-low heat, stirring constantly, until sauce thickens, let it cool down and then set aside.

BBQ Pork : Method : 1) Fork the pork belly and rub the minced ingredients all over the meat. 2) Marinade the pork bellies with half to two thirds of a portion of the prepared caramel sauce over the meat, and then set aside for at least 20 minutes. (preferably overnight) 3) Pan fry the marinated meat over medium-high heat until both sides are nicely browned, cover and let it cook on medium-low heat for an additional 20-30 minutes. 4) Baste some glaze over the meat 5 minutes before finish time. 5) Pour the remaining caramel sauce over the meat, before of after cutting the meat into serving size.
