

Chinese Roasted Pork



Makes:

4 servings

Utensil:

11" Large Skillet with Cover

small mixing bowl

7" Santoku Knife

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2

pounds

pork shoulder butt

(907

g)

1

piece star anise

1

teaspoon

brown sugar or rock sugar

(5

g)

2

tablespoons

soy sauce or tamari

(30

mL)

1

teaspoon

Chinese cooking wine (Shaoxing)

(5

mL)

1

teaspoon

cornstarch

(3
g)
1
tablespoon
water
(15
mL)

Directions:

1. Using a knife, butter-fly pork to cook more quickly.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 4 minutes, add pork.
3. Add star anise, brown sugar, soy sauce and cooking wine. Cover.
4. When Vapo-Valve? clicks steadily, reduce heat to low and cook for 10 minutes.
5. Uncover and turn meat to cook other side. Cover and increase temperature back to medium heat. When Vapo-Valve? clicks, reduce heat to low and cook for 20 minutes.
6. Remove meat from skillet and slice into small pieces. Set aside.
7. In a small bowl, mix cornstarch and water. Add to remaining sauce in skillet and bring to a simmer. Cook until slightly thickened.
8. Remove sauce from heat and serve over meat.

Tips:

- This dish serves nicely with plain rice. In a sauce pan over medium heat, add 1 cup of Basmati rice (rinsed and drained) and 1 $\frac{3}{4}$ cups water. When Vapo-Valve? clicks, reduce heat to low and cook until water is absorbed. If you prefer drier rice, use about one-eighth less water than you usually use.

Nutritional Information per Serving

Calories:

288

Total Fat:

12g

Saturated Fat:

4g

Cholesterol:

134mg

Sodium:

469mg

Total Carbs:

3g

Dietary Fiber:

0g

Sugar:

1g

Protein:

42g