



Chinese Pork

Deliciously flavored strips of belly pork. Can be eaten as they are, dipped in Hoi sin sauce (plum sauce) or chopped up and used in a stir fry or chow main dish. Ideal for cooking on a BBQ

Serves : 4

Preparation Time : 30 minutes marinating time

Cooking Time : 30 - 45 minutes

Ingredients

8 strips of belly pork about 1 inch thick, skin removed
3 cloves garlic
1 tsp salt
2 tsp finely chopped fresh ginger
2 tbsp light soy sauce
2 tbsp runny honey
2 tbsp rice wine or dry sherry (ginger wine also works well!!)

Herbs & Spices

1 tsp Five Spice Mix

Cooking Instructions

Crush the garlic cloves with the salt until it is a paste. Place in a bowl and add the rest of the ingredients (except the meat). Mix well. Add the belly pork and turn over several times until all the meat is coated with the brown honey spice mixture. Cover and leave to marinate at room temperature for 30 minutes. If leaving longer, place in a fridge.

Preheat the oven to 220C / 450F / gas mark 8 or light the BBQ and allow to heat up.

If using a BBQ place the belly pork strips on the BBQ and allow to cook, basting with spare marinade evenly on both sides. Make sure the pork is cooked through before serving.

If using an oven, place a wire rack in a roasting tin and pour in water to cover the bottom (but not touch the rack). Place the pork strips on the rack and place in the oven. Roast for 20 minutes, then baste with spare marinade, turn over and return to the oven for a further 10 - 20 minutes or until the pork is cooked through.

The outside of the pork should glaze dark brown as the honey caramelises.

Slice into manageable pieces and serve hot.