

Bak Kwa - BBQ Pork Chinese Style



Ingredients:

- 500 gms pork shoulder or pork belly (70/30 lean meat to fat content)
- 1 ½ tbsp oyster sauce
- 1 ½ tbsp dark sweet sauce
- 1 tbsp fish sauce
- 1 tbsp pepper
- 2 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp spice seasoning – cayenne/paprika (optional)
- 1 tbsp honey

Method:

1. Roughly cut meat into medium chunks and chop for 5 minutes in a food processor.
2. Add all seasonings to the meat and continue to grind the meat into mincemeat.
3. Taste test by placing a spoonful of the meat mixture in a little water and cooking in a microwave. Adjust the seasonings according to taste. Bear in mind that the meat will be finished with a glaze of honey to become both salty and sweet.
4. Let the meat marinate overnight or for at least 6 hours.
5. Lay meat mixture on baking foil and cover over with a piece of cling wrap.
6. Using a rolling pin, roll mincemeat out as if working with cookie dough.
7. Remove cling film after rolling out and brush meat with a little oil.
8. Barbeque the meat for best results but cut meat into little squares before cooking.
9. If using an oven, preheat to 180 degree C for 10 minutes.
10. Ensure cling wrap is removed and place rolled out meat on the rack with a tray underneath to catch the juices, and bake for 15 minutes.
11. Prepare honey glaze by adding a little warm water to dilute the honey.
12. Cut cooked meat into squares after cooking and brush with honey glaze on both sides. Then grill for 5 minutes per side - a bit of charring is fine but do not burn.

Note: *Bak Kwa in the Hokien name for this dish, which is a popular gift to give at Chinese New Year. It is a must have item in most Chinese households in Malaysia and Singapore during the festive season.*

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