Main dishes / Taiwan

Lu rou fan



Minced pork belly braised in soy sauce with spices, spooned over white rice.

Time 125 min **Servings** 4

What you'll need.

- ☐ 700 g Pork belly — finely diced
- ☐ 100 ml Soy sauce
- ☐ 80 ml Shaoxing wine
- ☐ 1 tsp Five-spice powder
- ☐ 5 clove Garlic
- ☐ 400 g Rice
- ☐ 40 ml Vegetable oil
- ☐ 6 piece Shallots
- ☐ 1 tbsp Dark soy sauce
- ☐ 30 g Rock sugar
- ☐ 2 piece Star anise
- ☐ 4 piece Eggs — boiled, to serve
- ☐ 300 g Bok choy
- ☐ Salt — to taste

Let's make it.

01 Dice the belly into one-centimetre cubes, keeping the fat with the meat.

02 Fry the sliced shallots in oil to a deep golden crisp and set half aside for serving.

03 In the same oil brown the pork, rendering some of its fat, for ten minutes.

04 Add the wine, let it cook off for a minute, then add both soy sauces, the sugar, spices and garlic.

05 Add water level with the meat, bring it up and braise covered for ninety minutes on the lowest heat.

06 Add the boiled eggs to the sauce for the last twenty minutes; they take on the colour and flavour.

07 Serve over rice with half an egg, blanched greens and the fried shallots on top.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Photo: Jzest / CC BY-SA 2.5 / UniTools. Cropped to fit this page.
recipes.dvs-services.be / lu-rou-fan