

Chashu (Braised Pork Belly)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chashu-pork-recipe-chinese>

Ingredients:

- 1 1/8 pounds pork belly rind removed, cut into 2 to 4 pieces in order to fill in cooker
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- 1 ginger thumb, sliced, 3cm in length, 1cm in diameter
- 5 green onion white part, or 1 stalk scallion
- 5/8 cup water
- 6 3/4 tablespoons Chinese cooking wine
- 6 3/4 tablespoons soy sauce
- 3 tablespoons sugar
- 1/4 teaspoon nutmeg
- 1/2 piece cinnamon stick 5cm in length, 1.5cm in width

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 90 milligrams
4. Fat: 70 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 24 grams
8. Sodium: 2750 milligrams
9. Sugar: 11 grams

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