

Chinese Pork Delight (pork Rind Jelly, ???)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-anise-star-recipe-food>

Ingredients:

- 7 ounces pork rind
- 2 9/16 cups water
- 2 tablespoons light soy sauce
- 1/2 tablespoon Shaoxing rice wine
- 1/4 teaspoon salt
- 2 stalks spring onion
- 3 slices ginger
- 1 anise star-
- 1 piece cassia cinnamon
- 1 bay leaf
- 4 teaspoons black rice vinegar
- 2 teaspoons light soy sauce
- 1 pinch salt
- 1 teaspoon sesame oil pure
- 3 cloves garlic crushed
- 1 tablespoon chilli oil homemade, or fresh chilli, chopped
- sesame seeds
- coriander chopped

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 50 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 6 grams

8. Sodium: 1750 milligrams

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