

Kong Bak Pao (Chinese Braised Pork Sliders)

Yield: 12 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-caramel-candied-bananas-recipe>

Ingredients:

- 1 kilogram pork belly preferably with 1/3 fat and 2/3 lean meat
- 1/2 tablespoon caramel thick, soy + 4 tbsp extra
- 1 cup oil
- 1 shallot finely chopped - I used 4 shallots
- 1 teaspoon Chinese five-spice powder
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 2 tablespoons Chinese cooking wine
- 5 cloves garlic chopped
- 2 tablespoons sugar
- 1/2 star anise I used 2 star anise
- 1 teaspoon sesame oil I used 2 tsp
- 1 1/2 cups water approx - I used 2 cups
- salt
- pepper
- sugar
- 1 pinch msg I omitted this
- coriander leaves roughly chopped

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 63 grams
5. Protein: 8 grams
6. SaturatedFat: 17 grams
7. Sodium: 270 milligrams

8. Sugar: 6 grams

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