

??? Lor Bak Png – Taiwanese Braised Pork Rice Bowl

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pig-roast-recipe-five-spice-powder>

Ingredients:

- 2 1/4 pounds pork belly good, cut into 1/2 cm thick strips, do not use anything less than 1 kg as it would not be flavourful enough?
- 2/3 pound pig 's skin, either cut into large 5 cm long pieces or into small pieces the same size as pork belly strips
- 3 tablespoons shallot of fried, crisp (???)
- 1 cinnamon stick
- 1 star anise
- 2 tablespoons five spice powder
- 2 teaspoons ground pepper
- 4 tablespoons soya sauce good dark, depending on the saltiness and colour intensity of the soya sauce used
- 3 7/8 tablespoons rock sugar
- 8 hard boiled eggs
- salt to taste
- 2 tablespoons cooking oil preferably oil from frying shallots
- water as required
- 3 sprigs coriander leaves
- 3 slices daikon pickled or white radish, Takuan, ?? aka ??????
- white rice steamed

Nutrition:

1. Calories: 1850 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 675 milligrams
4. Fat: 167 grams
5. Fiber: 3 grams
6. Protein: 59 grams

7. SaturatedFat: 57 grams
 8. Sodium: 1380 milligrams
 9. Sugar: 8 grams
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