

# Hakka Kau Yuk (Pork Belly and Taro)

Yield: 5 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-kau-yuk>

## Ingredients:

- 2 1/4 pounds pork belly slab of
- 1 3/4 pounds taro peeled, cut into 1/2-inch thickness
- cooking oil for deep-frying
- 2 tablespoons Shao xing wine
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon cooking oil
- 3 shallots large, peeled and finely chopped
- 3 cloves garlic peeled and finely chopped
- 5 cubes red fermented bean curd mashed with fork
- 1 teaspoon soy bean paste tau cheo
- 1 tablespoon sugar

## Nutrition:

1. Calories: 1360 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 145 milligrams
4. Fat: 113 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 38 grams
8. Sodium: 920 milligrams
9. Sugar: 5 grams

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