

# Twice-Cooked Chinese Pork Belly

Yield: 6 min  
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/mission-chinese-thrice-cooked-bacon-recipe>

## Ingredients:

- 3 5/16 pounds pork belly
- 1 tablespoon groundnut oil
- 3 tablespoons soft brown sugar
- 3 cloves crushed
- ginger
- walnut
- 4 spring onions
- 2 star anise
- 1 stick cinnamon
- 4 tablespoons Shaoxing wine
- 2 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- light chicken stock
- spring greens to serve
- leafy greens to serve
- steamed rice to serve

## Nutrition:

1. Calories: 1450 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 185 milligrams
4. Fat: 139 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 48 grams
8. Sodium: 870 milligrams
9. Sugar: 8 grams

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