

Pig Trotter with Ginger and Black Vinegar Stew

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-pig-guts-recipe>

Ingredients:

- 1 pig fresh, 's trotter, foreleg - about 1 kg, get the butcher to chop into smaller pieces
- 2 tablespoons sesame oil
- 3 1/2 ounces old ginger
- 1 cup young ginger
- 9/16 cup brown sugar adjust to taste
- 2 1/8 cups water
- 1 1/4 cups black vinegar sweet, I used Doggie brand - add slightly more if required
- 6 3/4 tablespoons black vinegar Zhe Jiang, optional
- salt to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 24 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 20 grams

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