

Buta Kakuni (Japanese braised porkbelly)

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pork-belly-recipe>

Ingredients:

- 1 handful dried sardines about 2 tablespoons
- 5 1/4 ginger ? thick rounds of
- 2 cloves garlic crushed with a heavy object
- 1 cup water
- 1/4 cup mirin
- 1 tablespoon sugar
- 2 tablespoons sake
- 2 teaspoons soy sauce
- 3/4 teaspoon kosher salt
- pork belly cut into 2? strips

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 44 grams
3. Fat: 2 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 990 milligrams
7. Sugar: 9 grams

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