

Stewed Pork Hock

Yield: 7 min
Total Time: 75 min

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

Ingredients:

- 3 pounds pork hock cut into 1 ½ to 2 inches sections
- 5 slices ginger
- 8 pieces garlic cloves
- 2 sticks green onion cut into 2 inches sections
- 2 tablespoons cooking oil
- 2 star anise pieces
- 1 teaspoon pepper corn
- 1/4 teaspoon five spice powder
- 1/2 cup soy sauce
- 1/2 cup rice wine
- 1/4 cup sugar or rock sugar
- 1 can chicken broth plus 1 cup of water, or 3 cups of water

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 175 milligrams
4. Fat: 26 grams
5. Protein: 39 grams
6. SaturatedFat: 6 grams
7. Sodium: 3080 milligrams
8. Sugar: 8 grams

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