

# Sweet & Sticky Chinese BBQ Pork (Char Siu)

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tofo-pork-recipe-chinese>

## Ingredients:

- 2 tablespoons molasses can be substituted with maltose or barley malt syrup
- 1 cube tofu red fermented, and 4tsp of the sauce
- 2 tablespoons hoisin sauce
- 2 cloves garlic
- 4 slices ginger
- 1 teaspoon Chinese five spice powder
- 2 tablespoons Chinese cooking wine Shaoxing wine or sherry
- 2 tablespoons pepper flakes Korean, for additional colour and spiciness, optional
- 3 pounds pork shoulder cut into long 3 inch thin strips
- 2 tablespoons honey

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 230 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 69 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 17 grams

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