

Mom's Chinese Braised Pork Belly (“hong shao rou”)

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 1/2 pounds pork belly can also try this with pork shoulder, pork ribs, or a mix of two
- 1 tablespoon oil my mom uses olive or grapeseed
- 1 inch ginger chunk of, roughly peeled and sliced
- 2 tablespoons brown sugar or Chinese rock sugar
- 2 tablespoons Shaoxing cooking wine
- 2 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- 1/4 cup hot water + approximately 2 to 3 cups hot water, boil in a kettle or heat it up in microwave
- 3 cloves garlic optional
- 3 cloves star anise optional
- hard boiled eggs peeled
- potato or taro cubes

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 120 milligrams
4. Fat: 94 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 33 grams
8. Sodium: 960 milligrams
9. Sugar: 5 grams

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