

'Buta no kakuni (Japanese Braised Pork Belly)'

Ingredients (Serves 2)

- 360g pork belly
- 1 litre water
- 400cc red wine
- 3 slices of unpeeled ginger
- 20g sugar
- 3 tablespoons soy sauce
- 1 teaspoon *Mirin* (sweet Sake) *optional
- 1 dried chilli
- 1/2 piece of slivered ginger
- 4 runner beans
- 2 teaspoons mustard

*Tender pork belly and melting fat
can suit any rice and noodles menu.*

Method

1. Roast pork belly with low heat until golden brown to cut excess fat.
 2. Take pork belly out and rinse with hot water, then place under cold tap water to harden surface.
 3. Chop with a fine knife into five to six cm².
 4. Put pork belly, sugar, sliced ginger, red wine into a pot and add water until it covers pork belly. Then add one dried chilli.
 5. Put a lid or aluminium foil over pot and heat. When boiled, bring to a gentle simmer.
 6. While cooking over two hours, skim the broth occasionally to avoid it becoming cloudy.
 7. Add hot water as the broth evaporates.
 8. After two hours, add soy sauce (and *Mirin*) and continue to boil on low heat for one hour.
- * *Mirin* is optional but it will make the pork belly nice and glossy.
9. Skim a bit of the broth and boil it to make sauce.
 10. Serve with slivered ginger, runner beans and mustard.

Put lots of love in when you cook and enjoy your delicious *Buta no kakuni*.

Presented by ZEN Japanese Restaurant Owner Chef Hideki Hayashi

Asian groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart (Refer to P22).

