



Pork stewed with chestnuts

Ingredients :

- Five layer pork 600 g
- Oil (for deep frying) 500 ml
- Concentrated chicken stock 2 tsp
- Shaoshing wine 60 ml
- Korean bulgogi marinade 1 bottle
- Water - enough to cover pork
- Uncooked chestnuts 200 g
- Rock sugar (pounded) 2 tsp

Steps :

1. Cut pork into 5 1/2 cm squares. Pat dry.
2. Set the induction hob to high level (level 9) to boil the oil till hot. Deep fry pork for 2 mins. Drain in kitchen paper.
3. Line the bottom of a deep saucepan with a bamboo mat. Arrange pork on top and chestnuts on the side. Pour mixture of concentrated chicken stock, wine and bulgogi marinade into saucepan. Add water to cover pork.
4. Cover and bring to boil for 5 mins over high level (level 9) of induction hob. Lower the level to 6 and stew till pork is soft, about 80 mins.
5. Add rock sugar and cook for another 10 mins and serve.

Tips :

Adding rock sugar will make the dish shiny.

Appliance: Induction hob

Cooking Duration: 100 mins (excluding preparation duration)

Recipe provided by: Ms. May Fung

栗燒東坡肉

材料：

- 五花腩 600克
- 油（炸用） 500毫升
- 調味雞汁 2茶匙
- 紹興酒 60毫升
- 韓國燒烤汁 1樽
- 水 適量（足夠蓋著五花腩）
- 栗子（生） 200克
- 冰糖（搗碎） 2茶匙

步驟：

1. 抹乾五花腩，切成 5.5厘米 x 5.5厘米。
2. 將電磁爐調校至9級火力（大火）把鑊加熱，加油炸五花腩約2分鐘，撈起放上吸油紙。
3. 於煲內先放竹蓐，再放五花腩，旁邊放上栗子。混合調味雞汁、紹興酒及韓國燒烤汁再倒入煲內，最後加水蓋過五花腩。
4. 將電磁爐調校至9級火力，加上煲蓋，煲滾五花腩，大概需要5分鐘；然後再調至6級火力（中大火）蒸煮80分鐘至五花腩軟身。
5. 加入冰糖煮10分鐘至溶化，即可食用。

貼士：

加入冰糖會令東坡肉更有光澤。

電器： 電磁爐

烹調時間： 100分鐘（不包括預備時間）

Beef /
Pork / Lamb