

Cantonese Style Char Siu Pork Roast

December 19th, 2020

This recipe serves: 8

Prep Time: 20:00

Cook Time: 03:15

"Char Siu" (or "Chashu") is a Cantonese word meaning "fork roast". The meat is traditionally skewered with long forks and rotated over an open fire or in an oven. Char Siu Pork Roast is traditionally dyed red (as the color red symbolizes good luck) using a red bean paste or even red food coloring.

I recommend using a boneless Boston Butt, or another fatty pork cut, for this recipe. The Boston Butt, sometimes called just "Pork Butt", comes from the front shoulder of the pig and provides a juicy, flavorful roast. The Pork Tenderloin is too lean and will not give the same end result.

For a cheaper and easier marinade, simply add 1 Apple Cider Vinegar and Red Food Coloring to 2 Cups of a commercial Hoisin/Soy sauce mix.

Ingredients:

4 lbs Boneless Pork Butt

3/4 Cup Honey

Marinade

1 Cup Soy Sauce

1 Cup Sugar

3/4 Cup Hoisin Sauce

1/2 Cup Apple Juice

1 Tablespoon Apple Cider Vinegar

1/4 Cup Fresh Ginger, finely minced

2 Tablespoons Toasted Sesame Oil

4 Garlic Cloves, minced

2 Teaspoons Five-Spice Powder

1/2 Teaspoon Red Food Coloring (Optional)

Directions:

Prepare the Roast

Butterfly the Pork Roast down the center length-wise, ensuring that both pieces remain connected.

Then butterfly each half of the Pork Roast, ensuring that all pieces remain connected.

You should end up with a single piece of Pork Roast, partially sliced, into 4 sections. This will provide the maximum surface area.

The Marinade

Whisk together the Marinade ingredients. Continue to whisk until the sugar is fully dissolved.

Measure out 1 Cup of Marinade and set aside for the Glaze.

Refrigerate and marinate the Pork for at least 10 hours or up to 16 hours.

The Glaze

Whisk honey and the 1 Cup reserved marinade together in a medium saucepan.

Cook over medium heat, stirring frequently, until glaze is reduced to 1 cup (about 6 minutes).

Refrigerate the Glaze for up to 2 days.

Sous Vide Method: Slow Braising the Meat

Place the Pork and the marinade, into a Sous Vide bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week or freeze up to 6 months.

Sous Vide at 156° F for 6 hours (6.5 hours if frozen).

Remove the bag from the Sous Vide and chill the bag to cool the Pork.

Note: The unopened bag can be refrigerated up to 2 weeks or frozen up to 6 months.

Open the bag and reserve the liquid.

OR

Oven Method: Slow Roasting the Meat

Adjust oven rack to middle position and **heat oven to 250° F.**

Line rimmed baking sheet with aluminum foil and set wire rack in sheet. Spray rack with vegetable oil spray.

Remove pork from marinade, letting excess drip off, and place on prepared rack. Cover tightly with aluminum foil, crimping edges to seal.

Note

: Pork can be safely eaten when it has reached an internal temperature of 145° Fahrenheit. However, this recipe targets an internal temperature of 180° Fahrenheit in order to dissolve connective tissue and produce a more tender roast. Ensure that you have a good seal with the aluminum foil to prevent drying out the meat during the long oven time.

Bake until Roast registers an internal temperature of 180° Fahrenheit (about 2 to 2.5 hours).

Remove Roast from oven. Pour pan juices into fat separator and let settle for 5 minutes. Pour off and reserve the juice, discarding the remaining liquid fat.

Let pork rest on the rack for 30 minutes.

Finish the Roast

Regardless of whether you slow cooked the Roast in the sous vide or the oven, to finish the Roast, set the broiler on high.

Brush both sides of pork with half of the Glaze.

Adjust the oven rack so that the Roast will be about 6 inches away from the top broiler element.

Broil the Roast for 5 minutes.

Carefully turn the Roast over and **broil the second side for 5 minutes.**

Brush both sides again with the remaining Glaze and **broil the first side again for 5 more minutes.**

Transfer the Roast to a carving board, charred side up, and let rest for 10 minutes.

Slice Pork, across the grain, into thin slices and serve.

Serve with Rice and vegetables.