

Chinese Style Char Siu Pork Belly

August 7th, 2018

This recipe serves: 4

Prep Time: 01:30

Cook Time: 00:00

Roasted Pork Belly is a flavorful addition to any oriental dish. "Char Siu" or "Chashu" means "fork roast" since the meat is usually skewered with long forks and roasted over an open fire or in an oven. This Char Siu recipe is roasted in the oven. I use Char Siu Pork Belly primarily with Ramen Noodles, but it can add flavor to any rice or noodle dish.

Ingredients:

1 pound skinless pork belly

2 teaspoons fine salt

2 teaspoons sugar

1 Teaspoon Vegetable Oil

Directions:

Season

Mix together the Salt and Sugar. Use your hands to coat the entire surface of the meat.

Cover and refrigerate a minimum of 8 hours. If time permits, refrigerate overnight.

Shape

Wrap the Pork Belly like a cinnamon roll, with the fat side out. Tie with butchers string or run it through with a skewer so it will hold the shape.

Roast

Preheat oven to 450° F and roast the Pork Belly (with the skewers or string holding the Pork Belly in shape) **for 30 minutes.**

Reduce heat to 275° F and roast the Pork Belly for 1 additional hour.

NOTE: Use a meat thermometer to ensure that the internal temperature reaches at least 160° F.

Rest

Remove from oven and let the meat rest. Refrigerate in an airtight container until thoroughly chilled, at least 2 hours or up to 1 week.

Slice into thin slices (about 1/4 inch each)

Sear

Heat a large 10 inch frying pan over **medium-high heat.**

Add a teaspoon of vegetable oil. Make sure that the pan is heated enough so that the oil is shimmering.

Lay each slice down in the pan and fry for 2 minutes. Flip and fry for another 2 minutes.