

## Chinese Pork



**Feeds:** 4 - 6

**Time to cook:** about 2 hours

**Oven temperature:** Gas mark 5, 190C, 375F

### Take

Lean boneless pork leg joint  
Chinese five spice  
Brown sugar  
Soy sauce  
Star anise  
Chinese cooking wine  
Garlic  
Root ginger  
Pineapple juice

### Make

Take 900g (2lb) Lean boneless pork leg joint, cut strings and flatten out joint and place into a large ovenproof casserole dish.

Mix together 5ml (1tsp) Chinese five spice, 30ml (2tbsp) soft brown sugar, 30ml (2tbsp) dark soy sauce, 2 star anise, 30ml (2tbsp) Chinese cooking wine or sherry, 2 cloves garlic, crushed, 2.5cm (1") root ginger, peeled and thinly sliced. Add the pork, cover and marinate in the fridge for about 30 - 60 minutes.

Add to the dish 200ml carton pineapple juice, cover with lid and cook for approximately 2 hours until meat is very tender. (Remove lid for the last 20 minutes to crisp outside)

### Eat

Serve in a bowl with thick noodles, chunks or thick slices of the pork and garnish with thin sticks of cucumber, spring onion & root ginger and a large spoonful of 'the juice'.