

Char Siu Barbecue Pork



Serves: 6

Profitability:

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Ingredients:

Marinade

1kg pork shoulder or leg (with a good amount of fat), deboned & sliced into 3-4" thick pieces

2 tsp salt

1 tsp five spice powder

1 tbsp Wing Yip Shaohsing Wine

1 tsp Wing Yip Sesame Oil

2 tbsp Wing Yip Hoi Sin Sauce

2 tsp golden syrup

2 cloves garlic, minced

1-2 drops red food colouring (optional)

Pinch of pepper

Cooking/Basting Liquid

1 tsp vegetable oil

1 tsp golden syrup

1 tbsp Wing Yip Hoi Sin Sauce

Steps:

Place all the marinade ingredients into a large food bag which can be securely closed, including the pork. Ensuring that there is as little air as possible in the bag, massage the marinade onto the meat and then place in the fridge overnight, or for at least 2 hours

When ready to cook, preheat the oven to the highest temperature, ideally 250°C

Remove the pork from the marinade and place onto a foil lined baking tray ensuring that the meat isn't too close together

Mix the remaining marinade with the liquid and brush a small amount over the pork

Cook for 10 minutes until the pork has started to colour then turn the temperature down to 160°C. Baste the pork every 10 minutes turning the pork over each time. Cook for 35-40 minutes, or until the pork is cooked through

Remove from the oven and loosely cover with foil and leave to rest for at least 15 minutes before serving. Serve with rice, or chop up and use in stir-fries