

This cooking method is very similar to the previous one, except that the food requires more than one short period of boiling. In the following recipe, pork is cooked by three periods of vigorous boiling, in between periods of slow cooking in receding heat.

White-Cooked Boiled Pork

METRIC/IMPERIAL

2.5 litres/4½ pints water

1 x 1.5 kg/3 lb piece boned belly pork

Dips

4 cloves garlic, crushed

2 x 15 ml spoons/2 tablespoons sesame seed oil

2 x 15 ml spoons/2 tablespoons soy sauce

1 x 15 ml spoon/1 tablespoon shredded root ginger

2 x 15 ml spoons/2 tablespoons hoisin sauce

Garnish

1 chrysanthemum

AMERICAN

5½ pints water

1 x 3 lb piece boneless pork butt

Dips

4 cloves garlic, minced

2 tablespoons sesame oil

2 tablespoons soy sauce

1 tablespoon shredded ginger root

2 tablespoons hoisin sauce

Garnish

1 chrysanthemum



1. Bring the water to the boil in a large saucepan. Add the pork and slowly return to the boil. Skim the surface.



2. Boil steadily for 10 minutes then turn off the heat and leave for 10 minutes.



3. Repeat the boiling and resting process twice more. Leave the pork to cool in the water.



4. When cold, drain the pork and cut across the lean and fat into thin slices. Arrange the pork slices on a serving dish.

To make the dips, put the garlic and sesame oil in one bowl, the soy sauce and ginger in another, and the hoisin sauce in a third bowl. Serve the dips with the pork. Garnish the dish with the chrysanthemum.

