

# TAMARIND PORK BELLY



*The  
Perfect Meal*

Episode 4

**Chef Pang Kok Keong**  
**- Canele -**

## Ingredients

500 gm      pork belly  
3 no.        whole clove garlic  
1 no.        onion (chopped)  
2 no.        cinnamon stick  
3 no.        star anise  
5 no.        clove  
5-8 tbsp    fermented soya bean  
tamarind juice from 400 gm of tamarind paste  
2 stalk     spring onion  
1.2 litre    chicken stock  
1 litre      water  
200 gm     dark soya sauce  
pepper to taste

## Method

- 1) blanch the pork belly in boiling water for 2 min. remove and rinse in water.
- 2) bring all the ingredient to boil. Add pork belly, bring to boil and simmer for at least 2.5 hr.

# SWEET POTATO MASH

## Ingredients

200 gm potato  
500 gm sweet potato  
120 gm cream  
150 gm butter  
150 gm milk  
salt and pepper

## Method

1) bring potato and sweet potato and simmer till tender. Mash with fork.  
2) add cream and milk to achieve a pasty consistency. Season. Set aside till needed

# SAUTEED TOU MIAO

## Ingredients

150 gm fresh tou miao  
1 tbsp onion  
½ tbsp garlic  
light soya sauce to taste  
pepper

## Method

blanch tou miao in boiling water. Saute the onion and garlic, add tou miao, soya sauce and pepper.

# ASSEMBLY

1) remove the pork belly from the braising liquid. Pat dry with kitchen paper.  
2) panfry in a frying pan till lightly charred. Finish the sweet potato mash with butter and thicken some of the braising liquid with cornstarch solution.