

BBQ PORK (Chinese bbq pork)

Source - Noel Langford Jnr.

Ingredients -

5 cups of sugar

$\frac{2}{3}$ cups of salt

$\frac{1}{2}$ tsp Five Spice Powder

1 cup of light soy

1 tbsp Chinese cooking wine (gin or dry sherry) substitute =

2 tbsp Hoi Sin sauce

3 kg shoulder pork or neck pork, cut into strips
1 x 3 x 10 inches thick.

Method -

1. Mix the spices and sauces in a large bowl, add pork, mix again & marinate overnight.
2. Add colour & 1 tbsp of cooking oil just before cooking. Place on a rack in an oven which has been preheated to 200°C
3. Cook for 25 minutes, check to see if cooked through; may need another 5-10 minutes.

Use for -

- * "Mum's (Sue's) Pork on a Fork"
- * Fried rice