



## Eat for Eight Bucks: Pork Belly Sandwiches, Chinese-Style



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 head cabbage shredded green finely
- ☐ 2 servings ground pepper to taste
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 large egg yolk
- ☐ 1 inch ginger fresh peeled
- ☐ 2 cloves garlic finely minced
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 pound pork belly boneless cut in three equal-sized pieces
- ☐ 2 servings salt
- ☐ 2 servings salt fine
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 2 sticks star anise whole for other spice options (see "A note on spices", above, )
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup vegetable oil such as canola
- ☐ 2 tablespoons vegetable oil
- ☐ 2 servings water

## Equipment

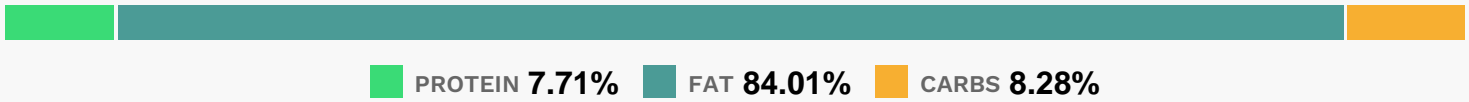
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ dutch oven
- ☐ tongs

## Directions

- ☐ In a large Dutch oven or wok, heat oil and sugar over medium-high heat, swirling vessel until sugar liquefies and turns a warm amber color.
- ☐ Place pork belly slices in wok and sear on all sides, about 1 minute per side, using tongs to turn.
- ☐ Pour enough cold water into vessel to cover the pork.
- ☐ Add soy sauce, spices, ginger, garlic, and salt. Bring to a boil and skim any scum that rises to the surface. Reduce heat to low and simmer, uncovered, for 3-4 hours, until pork is very tender and fat is easily penetrated with a spoon. If water level falls during cooking, replenish so that pork remains submerged.

- ☐ Remove pork belly and set aside. Strain solids from braising liquid and return liquid to pan. Over high heat, reduce until lightly thickened and glossy. Adjust seasoning if necessary.
- ☐ Slice pork into 1/3-inch thick slices. Lightly coat in reduced braising sauce.
- ☐ Sautéed Green Cabbage
  - ☐ - will fill 6 large or 12-15 mini sandwiches -
- ☐ Heat vegetable oil in large skillet over medium-high heat.
- ☐ Add cabbage and sauté until crisp-tender, about 8 minutes. In the last minute of cooking, add sugar and sesame oil and stir to coat. Season well with salt.
- ☐ Chili Aïoli
  - ☐ Whisk together mustard, lemon juice and egg yolk in a bowl.
  - ☐ Add oil to yolk mixture a few drops at a time, whisking constantly, until all oil is incorporated and mixture is emulsified.
  - ☐ Whisk in garlic and chili sauce or cayenne pepper to taste. Season with salt. If aïoli is too thick, whisk in 1 or 2 drops of water; it should be creamy, but much looser in consistency than store-bought mayonnaise.
- ☐ To Assemble
  - ☐ Serve the sandwiches pre-assembled, or let each person build his own.
  - ☐ Optional extras: Any kind of Asian pickle, such as pickled radish or kimchi; coarsely chopped cilantro.
  - ☐ On a metal steaming rack or bamboo steamer set over simmering water, steam Chinese buns for 10-15 minutes, until tender and puffy. Slice open, leaving a hinge.
  - ☐ Spread each bun with chili aïoli; stuff with cabbage, pork belly, and extra condiments, if using; drizzle with the reduced braising sauce. Close bun and gently squish.

## Nutrition Facts



## Properties

Glycemic Index:121.55, Glycemic Load:8.69, Inflammation Score:-9, Nutrition Score:40.765217345694%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 1587.3kcal (79.36%), Fat: 150.06g (230.85%), Saturated Fat: 48.91g (305.71%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 20.91g (7.6%), Sugar: 17.32g (19.24%), Cholesterol: 255.09mg (85.03%), Sodium: 1578.81mg (68.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin K: 392.11µg (373.43%), Vitamin C: 171.63mg (208.04%), Vitamin B1: 1.22mg (81.4%), Vitamin B3: 12.58mg (62.89%), Folate: 216.92µg (54.23%), Vitamin B6: 1.02mg (51.25%), Fiber: 12.39g (49.54%), Vitamin B2: 0.83mg (48.85%), Manganese: 0.96mg (48.13%), Phosphorus: 437.32mg (43.73%), Potassium: 1327.19mg (37.92%), Selenium: 25.53µg (36.47%), Vitamin B12: 2.07µg (34.51%), Vitamin E: 4.44mg (29.58%), Vitamin A: 1426.94IU (28.54%), Iron: 4.6mg (25.58%), Zinc: 3.59mg (23.92%), Calcium: 231.36mg (23.14%), Magnesium: 81.45mg (20.36%), Vitamin B5: 1.91mg (19.08%), Copper: 0.31mg (15.42%), Vitamin D: 0.46µg (3.06%)