

Braised Pork Belly (Buta no Kakuni)



<Ingredients (4 serve *)>

300g Pork belly
1 Tbsp Salt
10cm length Daikon (peeled the skin)
3cm x 2 Fresh ginger (peeled)
250ml Dashi stock*
100ml Japanese Soy sauce
100ml Sake
3 tsp Raw sugar
Steamed rice

*)See the recipe of the second Dashi stock. You can substitute 250ml water and 1.5 tsp Hondashi powder (Bonito Dashi).

<Method>

1. **Boil the pork**

Start by slicing the pork into 4-5cm width (the meat

shrinks after to be heated). Rub 1 Tbsp salt over.

Place the pork and 3cm of ginger into a deep sauce pan and pour cold water over and bring it to the boil. Keep removing any scum from the surface. After boiling for 20 minutes, drain and rinse the pork well with running water.



2. Simmer the pork

Put the Dashi stock, soy sauce, Sake, sugar, ginger, pork and Daikon in a pressure cooker*, simmer for 30 minutes.



*)If you don't use a pressure cooker, you can substitute slow cooker/rice cooker or just a deep stew pan. In that case, you simmer for 30 minutes with a cover first. Remove the cover and add the 1 tsp potato starch which is dissolved with 1 Tbsp water, and heat until the broth is reduced to 1/4 on high heat. It would take 1 hour total.

3. Make the broth thicken

Open the cover and heat on high heat for make the broth thicken. Remove the Daikon from the heat avoiding breaking out and set aside. Keep boiling until the stock is reduced to be thicken and caramelised.

Put the rice in a bowl and place the pork on top and drizzle the caramelised sauce over. Serve immediately.