Posted on 21 August 2013

by Kath Laureano

Braised Pork Leg



Ingredients

2 kls. Pork Leg
Bochoy Leaves
3 pcs. star anis
Shitake Mushroom
2 cups Pineapple Chunks
4 cups Pineapple Juice
4 pcs. bay leaves
2 cups Soy Sauce
a cup Brown Sugar
whole pepper
half cup onion
crushed garlic
a cup of dilluted cornstarch

Preparation

1. Put the meat in a big pot and bring to boil for 5 mins.
2. Discard the water
3. Pour in the pineapple juice, soy sauce, brown sugar
4. Add laurel, anis, onion, garlic and water to cover the meat
5. Simmer to low heat until the meat is tender
6. Remove the meat, set aside
7. Add mushroom & the diluted cornstarch into the boiling sauce
8. Add bochoy leaves until tender
9. Pour the thicken sauce onto the pata, garnish the pineapple chunks.
10. Place the bochoy leaves at the side.

Cooks Note