



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
