

松子酥肉



食材：

- 原料：五花肉 200g
- 辅料：松子 50g，葱 50g，姜 50g，鸡蛋 10g，生粉 10 克
- 调味料：黄豆酱油 5g，盐 10 克，胡椒粉 3 克，八角一个、桂皮少许

制作方法：

- 1，将五花肉切成 10cm 的方块
- 2，临猪皮 2cm 处，片去多余肉、做馅（加入调料、松子、鸡蛋、生粉）
- 3，将肉馅抹在肉皮表面，用刀背砸进去，表面抹均匀、撒上松子，入平底锅煎至定型，放入砂锅内。
- 4，锅内加水、放入葱姜、调味，倒入砂锅内，小火煨两个小时，取出、晾凉，改刀成 3cm 的方块
- 5，酥肉加入原汤，上笼蒸透，勾汁装盘即可。

Crispy pork belly with pine nuts



Ingredients:

- Main Ingredients: Pork belly 200g
- Other ingredients: 50g pine nuts, 50g scallions, 50g ginger, 10g egg, 10g corn flour
- Seasoning: 5g soy sauce, 10g salt, 3g pepper, one star anise, a little cinnamon

Process:

1. Cut the pork into 10cm squares.
2. Cut off the excess meat at 2cm from the pig skin and make stuffing (add seasoning, pine nuts, egg, and corn flour)
3. Put the stuffing on the surface of the skin, hit it with the back of the knife, evenly plaster the surface, sprinkle pine nuts, fry it in the pan until it is shaped, and put it into the casserole.
4. Add water into the pot, add onion, ginger, and seasoning, pour them into the casserole, simmer for two hours at low heat, take them out, cool them, and cut them into 3cm cubes.
5. Add the crispy meat to the original soup, steam it in the cage, and then put it on the plate.