



## KUMAR'S

### 酷玛印度风味Vindaloo五花肉配韭菜

## VINDALOO PORK BELLY WITH CHINESE (GARLIC) CHIVES



#### 原材料

- 1公斤五花肉
- 250克Vindaloo调味酱
- 25克油
- 200毫升高汤
- 10毫升老抽
- 10克淀粉
- 6颗大蒜切碎
- 20克姜末
- 20克小葱末
- 20克韭菜碎

#### 烹饪方法

- 将调味酱、高汤和油混合，将五花肉放入混合的酱料，加入蒜、姜和葱搅拌均匀。然后放入预热过的烤箱，以180摄氏度烤大约20分钟。待冷却后，在五花肉皮上刷上老抽，并将五花肉切小块。然后再次放入烤箱，以165摄氏度，烤1个半小时。

#### 其他方法：

- 放油入锅，大火煸炒五花肉块，然后加入老抽继续烹饪几分钟。再加入混合的调味酱和其他配料，关小火继续烹饪一个半小时，直至肉变软。
- 装盘时用韭菜碎装饰。



#### INGREDIENTS

- 1kg pork belly
- 250g vindaloo paste
- 25g oil
- 200ml chicken stock
- 10ml dark soy sauce
- 10g cornflour
- 6 cloves garlic chopped
- 20g chopped ginger
- 20g chopped spring onion
- 20g chopped chinese (garlic) chives

#### PREPARATION

- Mix together the vindaloo paste, chicken stock and oil.
- Add the garlic, ginger and spring onions to the vindaloo mixture.
- Cook the whole pork belly in the oven with the vindaloo mixture at 180°C for about 20 minutes.
- Once cooled, brush the dark soy sauce over the skin and cut into small pieces.
- Cook in the oven at 165°C for about 1.5 hours.

#### Alternatively:

- Stir fry slices of the pork belly in the oil, add the soy sauce and cook for a further few minute, add the vindaloo mixture and cook for 1.5 hours until tender.
- Garnish with the chives.