

Braised Meatball Shanghainese Style

Ingredients

Pork belly
Pak choy

Seasoning

Salt & pepper
Sugar
Light & dark soya sauce
Sesame Oil
Chicken powder
Egg
Cornflour
Shao Hsing wine



The Steps

Grind pork belly till a little sticky.

Season with salt, sugar, pepper, sesame oil, chicken powder.

Shape into meatballs.

Dust meatballs in cornflour.

Pan-fry until golden brown.

Stir-fry the Pak Choy.

Place on a plate as the base.

Simmer meatballs with light, black soya sauce & Shao Hsing wine.

Place meatballs on Pak Choy.

Done!



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Cooking Tips:

1. The higher the pork fat content, the more tender the meatballs will be. However, this might be too oily and fattening for some.
2. Diced water chestnuts can be added into the meatballs to enhance crunchiness.
3. Pan-fried meatballs will hold firmer when braised.