



Our ?100 Asian Recipes? challenge is getting, well a bit challenging as we close in on the finishing line. Sue has a note book full of recipes and we?re sort of relying on the Yellow Sticker fridge to point us in the right direction. These nice thick Pork Chops were a good call. Cheers Yasmin the Yellow Sticker fridge!!!

Ingredients:-

4 Thick Pork Chops

Oil to fry

Ingredients for the marinade:-

3 Cloves of Garlic, minced

3 Tsp of Ginger, minced

3 Tbsp of Honey

2 Tbsp of Black Bean paste

2 Tbsp of Soy Sauce

2 Tbsp of Rice Vinegar

2 Tbsp of Shaoxing Wine

1 Tbsp of Sesame Oil

3 Tbsp of Fish Sauce

2 Tbsp of Chilli Paste

Garnish:-

Spring Onion, sliced
Coriander
Sesame Seeds

Method:-

- (1) Make up the marinade in a large bowl.
- (2) add the chops to half of the marinade, making sure they are completely covered.
- (3) pop in the fridge for at least 2 hours.
- (4) Reserve the remained marinade.
- (5) Fry the chops in a little Oil over a low heat for three minutes per side.
- (6) Place in the oven at 160c for ten minutes.
- (7) Heat the remaining marinade and reduce.
- (8) Pour the reduced marinade over your chops and serve.

We pan fried a lonely Pak Choy which was loitering in the bottom of the fridge, together with a little boiled Rice as sides.