



Chinese Pot Roast with Noodles and Bok Choy

Ingredients:

1 TBL sesame oil
2-3 LB pork pot roast cut.
1 small bunch scallions, whites and greens separated and sliced
6 tsp Chinese Five Spice, divided
2-3 tsp Tunisian Harissa (optional for heat)
7 cloves garlic, crushed
¼ cup ginger, peeled and sliced
1 TBL tomato paste
1 TBL miso paste (optional for extra umami)
½ cup Chinese rice wine, or sake or white wine.
¼ cup soy sauce
4-5 cups beef or chicken stock
5 whole star anise
1 cinnamon stick
2 cups sliced shiitake or button mushrooms
2 cups sliced carrots
4-6 baby bok choy, washed and halved
1 LB udon or ramen noodles

Spices Used: Chinese Five Spice

6 Servings

Instructions:

1 - A day before cooking, season the pork with salt to taste and 3 tsp Chinese five spice. Leave in the rub overnight and take 1 hour before you wish to cook it to warm up a bit.

2 - In a large dutch oven over medium-high heat, add 2 TBL sesame oil and sear the pork on all side to make a nice crust for 8-10 minutes. Take off heat and keep warm.

3 - Add other 2 TBL sesame oil in your pot over medium heat.

4 - Add white parts of scallions and cook for 1 minute.

5 - Add Chinese Five Spice and Tunisian Harissa (if using). Cook for 2 minute.

6 - Add garlic and ginger. Cook for 1 minute.

7 - Add tomato paste and miso (if using). Cook for 1 minute.

8 - Deglaze with alcohol of choice making sure to et all the browned bits on the bottom. Cook and reduce for 2 minutes.

9 - Add soy sauce, stock, star anise and cinnamon. Return pork to pot. Bring to boil. Reduce heat to simmer and cook slowly for 6-8 hours until pork is tender.

10 - Halfway through the pork cooking, sauté the shiitake mushrooms in some sesame oil in a sauté pan, and add to the pot to cook with the pork.

11 - Half an hour before the pork is done, add the carrots to the pot. Adjust seasoning if needed.

12 - Roast seasoned bok choy halves in the oven at 400 for 15 minutes.

13 - Cook noodles according to instructions separately.

14 - When the pork is ready, remove from pot and let cool down a bit. Then shred and set aside.

15 - Serve cooked noodles in a warmed bowl. Add braising liquid from the pot roast with carrots and mushrooms. Add a portion of shredded pork and a couple halves of roasted bok choy. Garnish with green parts of scallions.



A perfect twist on Sunday meal, and a great occasion to use your dutch oven, slow cooker or Instapot.

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