

THIT Kho Trung (caramelized pork breasts with eggs)

For 4 to 6 people – Usually a dish to share



Ingredients:

- 1kg of pork breast, not too fat (cut in size of 4cm long and 2cm wide.
- 2 finally minced cloves of garlic
- 4 finally minced green onions
- 125ml fish sauce
- 220g white or brown sugar
- 3 pieces of star anise
- 2 table spoon of cold water
- 1 teaspoon of salt
- 2 teaspoon of ground pepper
- 1.5Litres of young coconut juice
- 1 table spoon of vegetable or canola oil
- 10 large eggs
- Coriander and green onions finally chopped (to taste)
- Cucumbers cut into rings (to taste)
- Salad (to taste)
- Vietnamese herbs (to taste)
- Jasmine rice

Directions:

1. Cut the pork breast (not too fat) in pieces of 4cm long and 2cm wide.
2. Caramelize the sugar: in a big pan, put the oil, the minced garlic and cook for 20 seconds. Add the sugar and cold water. Cook at high temperature for 5 minutes, stirring from time to time or until golden brown.
3. Mix in the pieces of pork in the caramel.
4. Cook the meat for 5 minutes in order for the caramel to cover the overall pieces of pork. Do not forget to stir from time to time in order to avoid burning the meat or blackening the caramel.
5. Pour in the coconut juice and boil the liquid while you remove the impurities from the surface with a slotted spoon.
6. Lower the heat to minimum and add fish sauce, pepper, salt, green onions and star anise.
7. Let the meat simmer about an hour or until tender.

Cook the eggs:

Use eggs which have been in the refrigerator the longest, because when they are less fresh, they are easier to peel.

1. In a pan, put the 10 eggs on an even layer, cover them with cold water and cover.
2. Bring to a boil and remove from heat and let the eggs sit in the boiling water for 20 minutes for large eggs and 18 minutes for medium-size eggs.
3. Strain and rinse under cold water immediately.
4. Crack open the eggs and peel them.

Add the hard-cooked eggs in the pork recipe and cook for another 10 minutes.

Serve:

1. Put the pork and eggs in a bowl with the sauce.
2. Add coriander, green onions finally minced.
3. Serve with jasmine rice, cucumber, salad and Vietnamese herbs.

*** Note: if you think the pork breast is too big, replace it with pork neck or pork ribs.