

Khao Moo Daeng

Rice topped with BBQ red pork and sauce



This dish is typically eaten as a quick one-plate meal for lunch. The BBQ red pork is the most important part, not only does this provide the tasty Moo Daeng or red pork, the marinade used in its preparation forms the base for the sauce topping. The other main ingredients are crispy pork belly, Chinese sausage and a boiled egg that are all placed on top of the boiled rice and covered with the sauce topping.

In most restaurants Khao Moo Daeng will be accompanied with a side dish of whole spring onions, coriander sprigs and sliced cucumber, and if you are really lucky a small bowl of refreshing clear soup.

Ingredients for the BBQ red pork

- 500g pork fillet
- 1 tbsp sesame oil
- 5cm cinnamon stick
- 2 star anise
- 1 tbsp finely chopped garlic
- 1 tsp salt
- 1 tsp ground pepper
- 3 tbsp tomato paste
- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- 2 tbsp palm sugar (*see Tips below*)
- 6 tbsp hot water
- 3 drops of red food colouring

Easy guide for the BBQ red pork

Heat the oil in a pan that is a suitable size for the pork fillet.

Fry the cinnamon and star anise until fragrant, remove the pan from the heat.

Add the garlic, salt, pepper, tomato paste, oyster sauce and soy sauce and mix well.

Dissolve the palm sugar in the hot water and add to the pan.

Add the red food colouring and mix well.

Add the pork fillet, coat with the marinade and turn occasionally.

Leave to marinade for 3-4 hours, preferably leave in the fridge overnight.

Heat the pan, add 1 cup of water, stir and bring to the boil.

Turn the pork occasionally to re-coat, reduce the heat when the sauce starts to thicken, simmer for 10 minutes.

Remove the pork, roast in a pre-heated oven at 180°C for 15-20 minutes (*see Tips below*).

Important

Keep all the remaining sauce in the pan (*see the Easy guide for the sauce below*).

Tips

You can substitute regular sugar for the palm sugar.

If you have a BBQ fantastic, that's the best way to cook the red pork.

The pork should be soft inside and not dry, leave to rest for 10 minutes before slicing.

Ingredients for the sauce

Serves: 2

Leftover sauce after making the BBQ red pork (*approx. ¾ - 1 cup of sauce is required*)

2 tbsp rice flour

3 tbsp water

1 peeled boiled egg

½ tsp sesame oil

½ tsp Chinese rice wine

1 tbsp crushed roasted peanuts

1 tbsp ground roasted sesame seeds



Easy guide for the sauce

Bring back to the boil the sauce from the BBQ red pork.

Remove the cinnamon and star anise, reduce the heat.

Mix the flour and water together until smooth, add to the pan and mix well.

Add the peeled boiled egg and remove when it has taken on the colour of the sauce.

Add the sesame oil and Chinese rice wine and stir.

Remove from the heat; add the roasted peanuts and sesame seeds and stir.

Taste and if required add more soy sauce or palm sugar.

And finally for Khao Moo Daeng

Slice the BBQ red pork into thin slices and place on top of the boiled Jasmine rice.

If available add a few slices of fried Chinese sausage and some crispy roast pork belly.

Add half the boiled egg and cover the dish with plenty of the hot sauce.

Serve with whole spring onions, coriander leaves and sliced cucumber (*all optional*).

Tips

Any remaining BBQ pork can be safely frozen for later use.

Most Asian supermarkets sell Chinese sausage.