

GLAZED LION'S HEAD MEATBALLS





SHIZITOU: GLAZED LION'S HEAD MEATBALLS

Preparation time: 20 minutes

Cooking time: 1 hour 20 minutes

Serves: 4

600g pork mince	2 tsp fine salt
½ cup water chestnuts, finely chopped	½ tsp ground white pepper
2 Tbsp mushroom soy sauce	1 cup plain flour
2 Tbsp hoi sin sauce	vegetable oil, for deep frying
4 cloves garlic, minced	1L chicken stock
5cm piece ginger, minced	¼ cup honey
2 eggs	¼ cup dark soy sauce
¼ cup ground rice	¼ cup oyster sauce
2 Tbsp cornflour	2 Tbsp Chee Hou sauce*
1¾ tsp Chinese five spice	steamed pak choy, to serve

1 Combine the mince, water chestnuts, mushroom soy, hoi sin, garlic, ginger, eggs, ground rice, cornflour, five spice, salt and white pepper in a large bowl and mix thoroughly. Refrigerate for 1 hour, then divide into four pieces and form into balls.

2 Roll the meatballs in plain flour, and shake off any excess. Fry in hot (180°C) vegetable oil for 2 minutes, until golden, then drain on kitchen paper. Pour the stock, honey, dark soy, oyster sauce and Chee Hou sauce into a saucepan and bring to a simmer, add the meatballs and cook very gently for 1 hour, turning from time to time.

3 Set the meatballs aside, then boil the cooking sauce rapidly, until thickened. Arrange the pak choy into bowls, then top with the meatball. Drizzle the reduced sauce glaze over.

* A rich and savoury sauce made from fermented black beans and garlic. Available at most Asian grocers. If unavailable, use hoi sin instead.

