

Taiwanese Five-Spice Pork with Rice (Lu Rou Fan)



Ingredients:

- 1 ½ pounds ground pork
- 1 cup low-sodium soy sauce, divided, plus more, as needed
- ¼ cup grape seed or other neutral oil
- 12 ounces shallots, halved and thinly sliced
- 10 medium garlic cloves, minced
- 1 ¼ cups Dry Sherry (the real deal)
- ⅓ packed dark brown sugar
- 2 tablespoons five-spice powder
- 1 tablespoon unseasoned rice vinegar
- Steamed rice, to serve
- 3 scallions, thinly sliced on bias

Method:

1. In a bowl, mix the pork with ¼ cup of the soy sauce. Cover and refrigerate until needed.
2. In a large Dutch oven over medium, heat the oil until shimmering. Add the shallots and cook, stirring, until deeply browned, 15 to 20 minutes. Add the garlic and cook, stirring constantly, until the garlic is fragrant and just beginning to brown, about 1 minute.
3. Add the sherry, sugar, five-spice and remaining ¾ cup soy sauce. Stir until the sugar has dissolved, then increase to high and bring to a boil. Cook, stirring, until reduced and syrupy and a spoon leaves a clear trail, about 5 minutes.
4. Reduce to low and allow the simmering to subside. Add the pork, breaking it into small pieces. Cook, stirring, until the meat is no longer pink, 5 to 7 minutes. Stir in the vinegar, then taste and add soy sauce, if needed. Spoon steamed rice into individual bowls, top with the pork and sprinkle with scallions.
5. To make soft-cooked eggs, bring 2 cups of water to a simmer in a large saucepan fitted with a steamer basket. Add eggs, cover, and steam over medium for 7 minutes. Transfer the eggs to ice water to stop the cooking, then shell and halve the eggs before serving. Serve with steamed/stir-fried bok choy or broccoli alongside, a nice balance to the richness of the pork.