



Pork Knuckles and Ginger Stew

Serving: Serves 10

A traditional post-natal dish that nourishes the body and aids recovery after childbirth, this comforting stew is also offered to friends and relatives to announce the arrival of a new family member.

Note: Use cookware made of clay, ceramic, glass or stainless steel. The use of aluminium, copper or other metal cookware is not recommended.

Ingredients

4.8l Pat Chun Sweetened Vinegar
3kg ginger
600ml Pat Chun Black Rice Vinegar
2 pork knuckles, chopped into 20 pieces
10 eggs, boiled and shelled

Method

1. Peel and cut the ginger into thick slices.
2. Flatten the ginger slices with the flat part of a knife.
3. Add the ginger slices to a pot filled with the sweetened vinegar, and simmer for two hours.
4. Add the pork knuckles to a pot of boiling water and boil for 15 minutes. This cleans the pork knuckles and rids it of fats. Rinse, drain and set aside.
5. In a large pot, add the black rice vinegar to the ginger-vinegar mixture, according to your taste. More sweetened vinegar can be added, if preferred.
6. Add the pork knuckles to the pot and bring to a boil. Continue cooking on a medium low fire, until the pork knuckles are completely cooked.
7. Add the eggs to the pot. Bring to a boil before removing from heat.
8. Leave overnight and reboil it before serving.

Recipe courtesy of Pat Chun.