

Rou Gan Bak Kwa



0 made it | 0 reviews



Rou Gan, the popular salty sweet dried meat jerky, is made using the ancient method of dry-preserving seasoned meat on racks at 55°C. It originated from the Fujian province and, known as Bak Kwa by Hokkiens, is a New Year delicacy. Modern day Rou Gan or Bak Kwa is made by seasoning minced pork (mutton, chicken, duck, crocodile, lobster, beef and vegetarian versions have been introduced). Instead of curing on racks, the meat is baked and then grilled over charcoal. The contemporary jerky version is smokier and certain Singaporean and Malaysian versions of rou gan have been adapted to suit local tastes with the addition of chilli spice.

- Sub Category Name
 - Food
 - Main Courses
 - Savory
- Recipe Source Name
 - Tea Inspired Festivities
- Festivities Name
 - Chinese New Year Festival

Used Teas



t-Series Brilliant Breakfast



t-Series The Original Earl Grey

Ingredients

Rou Gan Bak Kwa

- 1kg minced pork

Marinade

- 1 tbsp sesame oil
- 1/2 tbsp 5-spice powder
- 1/2 tsp light soy sauce
- 1/2 tsp dark soy sauce
- 2 tbsp Chinese wine
- 1 tbsp caster sugar
- 1 tbsp maltose syrup
- 1/2 tsp oyster sauce
- 1/2 tsp hoisin sauce
- 1/8 tsp red food colouring (Cherry Red)
- Pinch of white pepper and salt

Methods and Directions

Rou Gan Bak Kwa

- Combine minced pork and seasonings and mix until the consistency is like glue.
- Cling wrap and refrigerate for several hours.
- Place parchment paper on a flat surface and using a spatula, spread the meat mixture onto the paper, making patties 5mm thick and 15cm by 15cm.
- Brush a wire mesh with vegetable oil, align the wire mesh over the meat mixture, invert it to transfer the meat onto the mesh; carefully peel away the parchment paper.
- Bake the patties in preheated oven of 100°C for 20 minutes to dry the meat.
- Increase the oven heat to 180°C and bake for a further 12 minutes.
- Remove and cool.
- To serve, grill the patties until the edges start to char.

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