

# Char Sui

## Char Sui (Cantonese BBQ Pork)

1 pork fillet/tenderloin (roughly 1-1.5 pounds)  
4 large cloves of garlic, crushed  
1 teaspoon (3 gm) ginger, grated  
1 tablespoon peanut oil  
1 ½ tablespoons maltose (you can substitute honey)  
1 ½ tablespoons honey  
2 tablespoons hoisin sauce  
1 tablespoon light soy sauce  
2 tablespoon dark soy sauce  
1 teaspoon oyster sauce  
1 tablespoon shaoxing cooking wine  
½ teaspoon (2 gm) ground white pepper  
pinch of salt  
½ teaspoon (2 gm) five spice powder  
½ teaspoon sesame oil  
½ teaspoon pillar box few drops of Duff red food coloring  
(1 tablespoon=15 ml, 1 teaspoon=5 ml)

## Steamed Char Sui Bao (Cantonese BBQ Pork Bun)

Servings: 20

### Filling Ingredients

350 gm (12 oz) char sui (finely diced)  
2 shallots (finely diced)  
1 tablespoon dark soy sauce  
2 tablespoons oyster sauce  
1 teaspoon sesame oil  
¼ cup (60 ml) chicken stock  
1 teaspoon (3 gm) cornflour (corn starch)  
½ tablespoon vegetable oil

### Bun Ingredients

1 cup milk, scalded  
¼ cup (60 gm/2 oz) sugar  
1 tablespoon oil  
¼ teaspoon (2 gm) salt  
2½ teaspoons (8 gm/1 satchel) of dried yeast  
3 cups (420 gm/15 oz) plain flour (I used 2 1/2 cups)  
(1 cup=240 ml, 1 tablespoon=15 ml, 1 teaspoon=5 ml)

Char Sui: Trim the pork loin to remove fat and tendon and slice lengthways so you have two long pieces, then cut in half. By cutting the pork in to smaller pieces to marinate you will end up with more flavor some char sui. If you want to leave the pork in one piece you can do this as well. Place in container that you will be marinating them in (I used a zipper lock bag).

Combine all the other ingredients in a bowl and mix well to combine. I placed my maltose in the microwave for a few seconds to make it easier to work

with. Maltose is quite a solid hard sticky substance.

Cover pork well with 2/3 all of the marinade mixture. Marinate for a minimum of 4 hours, I find it is best left to marinate overnight. Place the reserved 1/3 portion of the marinade covered in the fridge. You will use this as a baste when cooking the pork (I used the marinade left in the bag).

For all methods, let pork rest before slicing it.

#### Filling Directions:

Heat the vegetable oil in a wok or pan. Sauté the shallots for one or two minutes until soft. Add diced char sui to the wok/pan and stir. Add oyster sauce, dark soy sauce and sesame oil to the pork mixture, stir fry for one minute. Mix cornflour and stock together and then add to the pork mixture. Stir well and keep cooking until the mixture thickens, 1 or 2 minutes. Remove mixture from wok/pan and place in a bowl to cool. Set aside until ready to use.

#### Bun Directions:

Scald milk and then stir in sugar, oil and salt, leave to cool until it is lukewarm. Once it is the right temperature add yeast, leave until yeast is activated and it becomes frothy, about 10 - 15 minutes. Sift flour in to a large bowl. Add milk/yeast mixture to the flour. Bring the flour mixture together with your hands. Place dough on a lightly floured surface and knead for approximately 10 minutes. The dough should be smooth and slightly elastic.

Place in a lightly oiled bowl and cover with a damp cloth. Leave to rise until it is double in size. This will take from 1 - 2 hours depending on weather conditions. Punch down dough and divide in to 20 equal portions. Roll each dough portion in to a 7 - 8cm (2¾ - 3 ¼ inches) round. Place 1 tablespoon of filling in the centre of the round, gather the edges together at the top and place on a 8cm (3 inch) square of baking paper. Repeat until all dough has been used. Cover and let rise for 20 minutes.

Place buns in bamboo steamer, leaving space between the buns. Heat water in a wok until it is simmering and place steamers one on top of each other in the wok. Place lid on top bamboo steamer and steam for approximately 12 minutes.

#### Cooking Method 1 - Oven

Pre-heat oven to moderate 180°C/350°F/gas mark 4. Cover a baking tray with foil or baking paper. Place on top of this a rack on which to cook the pork. Place pork on the rack and place in oven. Bake for approximately 10 minutes, basting and turning. Turn the heat up to moderately hot 200°C/400°F/gas mark 6 for the final 20 minutes as this will aid the charring. Cook until cooked through.

#### Cooking Method 2 - Seared in pan & then into the oven

Pre-heat oven to moderate 180°C/350°F/gas mark 4. Cover a baking tray with foil or baking paper. Place on top of this a rack on which to cook the pork. Place pork in a hot frying pan or wok. Sear it quickly so it is well browned. Remove from pan/wok and place pork on the rack and place in oven. Bake for approximately 15 minutes, basting and turning until cooked through.

### Cooking Method 3 - BBQ

Place marinated pork loin on the grill of your BBQ, Cook on a medium heat, approximately 15 minutes, until cooked through. Be careful to watch that you don't burn the pork. (The last 5 minutes I turned my grill on high, marinated and turned the pork repeatedly until I got a nice char.)