



VIETNAMESE CARAMELIZED BRAISED PORK WITH EGGS AND PICKLED BEAN SPROUTS

(THIT KHO TRUNG VOI DUA GIA)

If you are planning to cook along with us during this demonstration, below is a list of all mise en place (prep) that should be completed before your class. Unless otherwise stated in the list below, we will be prepping the ingredients with you during the demo, while incorporating knife skills, cooking tips and plating tricks. You can also choose to prepare ingredients in advance if you would like a slower, more relaxed pace, and time to take notes.

MISE EN PLACE: this is a cooking term which means to have your ingredients and equipment ready before your cooking begins:

- Have your recipe printed and/or nearby for reference. We recommend reading through your recipe before the start of the demonstration.
- Gather, measure, and wash (as needed) all ingredients listed.
- Gather all equipment listed.

EQUIPMENT:

- Pressure cooker (Instant Pot)
- Large saucepan or sauté pan
- Cutting boards and knives
- Box grater or mandolin
- Colander
- Mixing bowls
- Large mason jar or storage container with lid
- Tongs
- Measuring spoons and cups

INGREDIENTS:

- 6 large eggs
- 2 pounds skin-on pork belly (or pork butt for a leaner cut)
- ½ teaspoon whole peppercorns
- 4 large garlic cloves
- 2 shallots
- ½ bundle chives
- ½ pound bean sprouts
- 1 medium carrot
- 6 scallions

- 1 bunch cilantro (optional)
- 3 cups coconut water
- 2 ½ cups water (separated)
- 1/3 cup fish sauce
- 1 teaspoon soy sauce
- ½ cup distilled vinegar
- ¾ cup sugar (separated)
- 1 tablespoon + ½ teaspoon Kosher salt
- Cooked rice

DIRECTIONS:

Vietnamese Caramelized Braised Pork with Eggs (Thit Kho Trung)

1. Clean the pork by coating it with 1 tablespoon of salt and scrubbing it well. Rinse under cold water.
2. Slice pork into 2x2 inch cubes, and place into a large saucepan. Add enough water to cover, and heat on medium high until it boils (about 5-10 minutes). Remove pan from heat once water begins boiling, and transfer pork to a colander to rinse and drain. (This method is known as parboiling, which removes impurities from the protein prior to braising.) Transfer the parboiled pork to a large bowl.
3. While pork is parboiling, thinly slice green onions and chop a handful of cilantro. Set these greens aside; they will be used as garnish.
4. Mince garlic cloves and 1 shallot. Add to bowl with pork, along with fish sauce and soy sauce. Mix to evenly coat pork with the marinade. Set aside for 15 minutes at room temperature.
5. *[While waiting for the pork to marinate, prepare the soft-boiled eggs. See below.]*
6. With a dry inner pot, set the pressure cooker to “sauté.” When the pressure cooker is hot, add ¼ cup sugar to the pot. Make sure to spread it evenly. Cook the sugar until caramelizes (light honey color), about 5 minutes.
7. Add marinated pork, and sauté for 5 minutes. Stir to coat pork in caramel.
8. Add remaining marinade, along with 2 ½ cups of coconut water and 1 ½ cup of hot water to the pot. Carefully stir together, making sure to remove the caramelized bits (fond) from bottom of the pot.
9. Seal the pressure cooker. Set to “manual,” and cook for 30 minutes on High Pressure. When cook time is complete, allow the pressure cooker to naturally release for at least 15 minutes, then release remaining pressure manually. Set the pressure cooker to “warm.”
10. *[While waiting for the pork to cook, prepare the marinated mung bean sprouts. See below.]*
11. Add peeled eggs to the pot. Fully submerge them into the liquid to absorb flavor and color. Let sit for 15-30 minutes.

Soft Boiled Eggs (Pressure Cooker Method)

1. Add 1 cup water to the inner pot of a 6-quart pressure cooker. Place trivet in the pot.
2. Place 6 large eggs on the trivet.
3. Seal the pressure cooker.
4. Set cook time to 3 minutes on high pressure.
5. While eggs are cooking, prepare an ice bath by placing several cups of ice into a large bowl filled with cold water.
6. Once cooking has finished, immediately release pressure by unsealing the valve.
7. Using tongs, remove eggs and place into ice bath.
8. When cool enough to handle, peel eggs. Set aside.
9. Wash and dry the inner pot of the pressure cooker to prepare the main dish.

Pickled Bean Sprouts (Dua Gia)

1. Cut chives into 2-inch pieces.
2. Julienne or shred carrots.
3. Thinly slice 1 shallot.
4. Combine ½ cup vinegar, ½ cup sugar, 1 ½ cups cold water and ½ teaspoon Kosher salt. Mix until ingredients have fully dissolved.
5. Add vegetables to the mixture.
6. Let ingredients brine for 1-2 hours.
7. Pickled vegetables can be stored for up to one week in an airtight container in the refrigerator.

TO SERVE:

1. Serve braised pork and egg over hot rice. Top with pickled bean sprouts, scallions, and cilantro.

CHUC MUNG NAM MOI! HAPPY NEW YEAR!