

Harmony & Kinship Rice (HK Rice) Recipe by Mr. Benjamin Liang

<<和味飯>>食譜創作: 梁啓天先生

Hong Kong is a place where East meets West, but not only are the cultures of the Americas and Europe intermingled with China, but various Asian influences are also seen in Hong Kong, especially notable in food, arts and design. This dish attempts to highlight the different elements of influence.

It is my hope that Hong Kong, as it has done in the past, will have the wisdom to glean from the various cultures and nations their strengths and positive traits while maintaining its own unique identity in integrity and character.

香港是一個中西合璧的城市。香港除了融和了美國及歐洲的文化外，其他亞洲地區的影響亦隨處可見，尤其是在美食，藝術及設計方面。這菜式使這些不同的文化更顯特出。我希望香港能夠繼續除了能夠繼續以無盡的智慧從不同地方汲取其文化及優點，更能保持她獨有誠信的特色。

Harmony & Kinship Rice (HK Rice)

港式和味飯

Preparation time: 15 min

Cooking time: 10 min

Serves 2

Ingredients:

2 egg (Preferably Omega 3 rich or Japanese)

30 g of Chinese Preserved Vegetable (梅菜)

3 cup Raw Japanese Short Grain Rice

250 g BBQ Pork (叉燒) – Recipe Attached

BBQ Pork Sauce

Lee Kum Kee Sweet Soy Sauce (For Clay Pot Rice)

Seaweed Strips (Japanese or Korean)

Sesame Seeds



Recipe:

Start with cooking the rice, either in a rice cooker or pot.



Then proceed to prepare the BBQ pork, one can either prepare it before hand or purchase from a restaurant. If at home, make sure to bake pork till tender, then shred the pork. Put about 1 teaspoon of BBQ sauce into shredded pork then keep warm in oven.

Next take a sheet of plastic wrap about 1 foot square, either spray or coat with a thin layer of oil and place over a small bowl. Then dice the Chinese preserved vegetable into pieces about half a cm in length and place in the center of plastic sheet. Then crack the egg gently into the center of the bowl, gather the plastic wrap above the egg leaving a little air then secure with a string.



Bring a pot of water to a boil, thereafter reduce to simmer (when tiny bubbles form) and gently place the egg package into the simmering pot for 3-4 minutes.

Meanwhile, the rice should be done, place on plate and shape as desired, take the shredded BBQ pork and position on top of rice. Once the egg is poached, gently fish out the package and untie it. Place the poached egg with the preserved vegetable at the bottom on top of the BBQ pork.

Lastly drizzle with Sweet Soy Sauce and BBQ pork Sauce, then sprinkle seaweed shreds and sesame seeds on top to finish off.



Explanation:

This recipe embodies the cosmopolitan nature of Hong Kong culture, merging egg prepared in a Western method (poaching) with Chinese flavor (Chinese preserved vegetable) and BBQ Pork, a Chinese favorite presented also in a Western manner (shredded/pulled pork) on top of Japanese rice, which although is rice, is a different variation and has a different texture to Chinese rice.



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Appendix 1

BBQ Pork Recipe (Char Siu/Char Siew/蜜汁叉烧)

Ingredients:

1 lb pork butt (cut into 4 pieces)
3 clove garlic (finely chopped)
1 1/2 tablespoons cooking oil

Char Siu (Char Siew) Sauce:

1 1/2 tablespoons maltose
1 1/2 tablespoons honey
1 1/2 tablespoons hoisin sauce
1 1/2 tablespoons soy sauce
1 tablespoon Chinese rose wine (玫瑰露酒)
3 dashes white pepper powder
3 drops red coloring (optional)
1/2 teaspoon five-spice powder
1/2 teaspoon sesame oil

Method:

Add all ingredients in the char siu sauce in a sauce pan, heat it up and stir-well until all blended and become slightly thickened and sticky. (It will yield 1/2 cup char siu sauce.) Transfer out and let cool.

Marinate the pork butt pieces with 2/3 of the char siu sauce and the chopped garlic overnight. Add 1 1/2 tablespoons cooking oil into the remaining char siu sauce. Keep in the fridge.

The next day, heat the oven to 375 degree F and roast the char siu for 15 minutes (shake off the excess char siu sauce before roasting). Transfer them out of the oven and thread the char siu pieces on metal skewers and grill them over fire (I used my stove top). Brush the remaining char siu sauce while grilling until the char siu are perfectly charred. Slice the char siu into bite-size pieces, drizzle the remaining char siu sauce over and serve immediately with steamed white rice.

Cook's Notes:

You don't have to roast the pork in the oven if you use an outdoor grill. As I used the stove top to char the char siu, I roasted the char siu in the oven so they were cooked. It's impossible to cook the char siu by using the stove top alone. You can roast the char siu thoroughly for 25-30 minutes in the oven. It's best to use the S-shape hook and hang your char siu at the top layer of the oven, with a roasting pan or aluminum foil sheet at the bottom for the drips.