

Whether fried, grilled or steamed, frozen pork tastes great as main courses or appetizers. Go for lean cuts and you have a good source of protein, iron, zinc and B-vitamins. For something different, take a leaf or two from our Vietnamese and Thai neighbors.

CHOPS & CHANGE



VIETNAMESE PORK CHOPS

Prep : 15 mins
Cook : 20 mins
Serves : 4

- 30 g garlic cloves
- 100 g shallots
- 2 stalks lemon grass, sliced
- 500 g frozen boned pork chop meat or pork fillet cut into 1.5 cm thick pieces
- 2 tbsps fish sauce
- 1 tsp Chinese five spice powder
- 3 tbsps ginger juice
- 1 tbsp sugar or to taste
- 1 tbsp Worcestershire sauce
- ½ tsp ground black pepper
- ¼ tsp salt
- 1 tbsp cooking oil
- 1 tsp sesame oil
- 3-4 tbsps oil
- Lettuce, cucumber slices and tomato slices

METHOD

- 1 Put the first three ingredients into a blender and blend till fine.
- 2 Pound the pork chop meat slices lightly with the blunt edge of a cleaver to tenderize the meat.
- 3 Place the remaining ingredients except the last into a mixing bowl. Add the pork pieces and combine well.
- 4 Leave aside for four hours or overnight in the refrigerator to marinate.
- 5 Heat oil and fry the meat until cooked through. Alternatively, bake or grill the pork chops.
- 6 Dish out onto lettuce leaves and serve with cucumber and tomato slices.



STEAMED SAGO PORK DUMPLINGS

Prep : 20 mins
Cook : 30 mins
Makes : 16 dumplings

- ½ tsp black peppercorns
- 3 garlic cloves, finely minced
- 15 g coriander roots, chopped
- 2 tbsps cooking oil
- 1 large onion, finely chopped
- 500 g frozen minced pork
- 2 tbsps coarsely pounded peanuts
- 25 g sugar
- 2 tbsps fish sauce
- Another 40 g garlic, very finely minced
- 125 ml cooking oil
- 350 g sago
- Hot water

METHOD

- 1 Pound the first 3 ingredients until fine.
 - 2 Heat oil and sauté the chopped ingredients and the chopped onion until fragrant.
 - 3 Add the minced pork and sauté till the color changes. Add peanuts, sugar and fish sauce and cook till the mixture becomes almost dry.
 - 4 Set aside and leave to cool.
 - 5 Fry the minced garlic in the oil until golden brown and leave to cool. Alternatively, place chopped garlic in a bowl of oil and microwave for 4 minutes until garlic turns light brown.
 - 6 Pick dirt from sago. Pour enough hot water to cover, stir thoroughly, strain well and discard the water.
 - 7 Knead the wet, warm sago lightly until it forms a soft dough.
 - 8 Divide the sago dough into small balls and flatten each out into a thin sheet with your hands (keep hands damp).
 - 9 Spoon some of the pork filling onto the center of the sheet, and wrap the sago sheet around the filling. Pinch the edges together to seal and form into small balls.
 - 10 Place the filled sago balls in a steamer, lined with oiled banana leaves or aluminum foil, leaving a little space between them to prevent sticking.
 - 11 Steam for about 20 minutes, remove from heat brush with garlic oil and bits of fried garlic.
- Serve the sago pork balls warm on lettuce leaves and garnish with chopped coriander leaves and chilli padi.

Quick Facts on Frozen Meat

Frozen meat comes from fresh meat in peak condition that has been rapidly frozen at temperatures below -30°C. Freezing keeps meat at its freshest. Stored properly, frozen meat can retain its wholesome quality for six months to a year.

Major sources of frozen meat

Pork	Brazil, France, Netherlands
Beef	Australia, Brazil, New Zealand
Mutton	Australia, New Zealand
Chicken	Brazil, Malaysia, Netherlands, United States

