

Loh Kai Yik Recipe

(Stew of Braised Chicken Wings in fermented soy bean sauce)

Ingredients: Serves 8

4 tablespoons vegetable oil
4 cloves garlic, peeled and chopped
4 shallots, peeled and sliced
8 cubes of nam yee (soy cheese)
4 tables tau cheow (brown soy bean paste)
1 kg (2 lb) belly pork
15 chicken wings
300 g (approximately 9 oz) pig's intestines, rub thoroughly with salt, washed
½ cup red or brown hoisin sauce
2 tablespoons sugar
100 g (approximately 3 oz) pig's skin, bristles removed
150 g (approximately 5 oz) pig's liver
4 processed ju her (cured cuttlefish)
20 taupok (tofu puffs)
400 g (12 oz) kangkong (water convolvulus), blanched, knotted into small bundles
½ teaspoon salt

Sauce:

Bottled chili garlic sauce or mix pounded fresh garlic with bottled sweet chili sauce, light soy sauce and lime juice

Method:

Heat oil in a pot large enough for the stew. Sauté until fragrant but not browned, the garlic, shallots, nam yee and taucheow. Brown the pork, chicken wings and intestines in this mixture. Add water to cover, flavor with hoisin sauce and sugar. Bring to the boil. Skim surface of soup scum, turn down fire to simmer and add the whole piece of pig's skin, liver, ju her and taupok. Leave to cook until tender and remove ingredients from the pot. Taste stew to adjust seasoning. Add the kangkong to warm and remove. To serve, slice meats and cut ju her and taupok into bite-sized pieces. Place on a bed of kangkong and ladle over the gravy. Serve with white rice and chili sauce on the side.