

Milk Stock Recipe

Ingredients: Makes 4.4 liters stock

2 kg pork feet, cut in half lengthwise by the butcher
1 kg lean fresh ham with skin
20 garlic cloves, peeled
200 g white parts of scallions
6.6 liters cold water
½ teaspoon white peppercorns
1 large onion, quartered
2 tablespoons salt
6 tablespoons Chinese rose wine or gin

Method:

Use a paring knife to scrape impurities from the skin of the pork feet until the roughness is gone and the feet become almost white. Place all the ingredients in a large stockpot except 1 tablespoon salt and the Chinese rose wine. Cover the pot and bring to a boil over high heat. Uncover the pot, lower the heat to simmer, and stir to make certain that the food does not stick to the bottom of the pot. Cook for 4½ hours or until the skin falls off the bones of the pork feet. Add the remaining tablespoon of salt or to taste. Add the Chinese rose wine or gin, stir, and cook for 10 minutes more. Turn off the heat and strain the liquid into containers to store for later use. Cover and refrigerate for up to 4 days or freeze for up to 3 months.

Note: The pork meat may be eaten if desired. Although this is a popular stock in Shanghai, it is widely used throughout China. Its name translates as "milk soup" or "milk stock", but its color is not like that of white milk. When it is made it is milky, opaque, almost an almond-white color. It is an extraordinarily rich stock that is ideal for soups and sauces. You may wish to interchange it with other stocks for different tastes in recipes, particularly soups.

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