

Pork And Tea ‘Ochazuke’



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- Sub Category Name
Combo
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014

Used Teas



Gourmet Darjeeling

Ingredients

Pork and tea ‘Ochazuke’ Poached pork hock

- 3 pork hocks
- 1 large red chilli



- 3 cloves of garlic
- Small knob of ginger
- 140ml dark soy
- 1.5kg pork bones

Furikake

- 40g tiny dried shrimp
- 5g Australian Ulva
- 1 toasted nori sheet
- 10g toasted wakame flakes
- 10g white sesame

Tea

- 4 Dilmah Single Region Darjeeling tea bags
- Pork broth
- Seasoning
- 6 slow cooked eggs
- 500g steamed short-grain rice

Methods and Directions

Pork and tea ‘Ochazuke’

- Poach the pork hocks in a large stock pot with pork bones, chilli, garlic, ginger, dark soy.
- Cook until they are completely soft, allow to cool in broth.
- When hocks are cool to touch but not completely cold, remove the hocks and carefully remove the meat from the bone and carefully separate into pieces.
- Strain the broth, cover the meat and refrigerate overnight.
- To prepare furikake, crisp the shrimp by dry frying, then combine with seaweeds and sesame, adjust seasoning with salt and sugar and grind slightly in a mortar and pestle.
- Allow to cool completely and then store in an airtight container or jar until you are ready to use.
- This will keep for a couple of weeks.
- When ready to serve bring pork up to heat and strain off about 1 litre of stock, adjust the intensity of the broth by either reducing or diluting.
- When the correct flavour has been achieved add tea and allow it to infuse for about 5 minutes, then remove the tea bags.
- Place warm rice into bowls, add meat and egg, then carefully pour in your broth and finally sprinkle over your furikake.

