CHINESE · DINNER · LUNCH

Siu Yuk (Cantonese Crispy Roast Pork Belly)

150 min · plus 10–12 hours drying in the fridge Serves 4 721 kcal a serve

Video 14:51 · Made With Lau

No dairy listed No nuts listed

Cantonese crackling pork belly with a dry spice rub and just 1 tsp sugar: under 2 g net carbs and about 28 g protein a serve, over 80% of the energy from fat, and rich in vitamin B12 and selenium.

Diet notes: Keto (1.8 g net carbs a serve).

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Ingredients 10 · SERVES 4

- [ ] 740 g **skin-on pork belly**, weighed raw
- [ ] ½ tsp **five-spice powder**
- [ ] ⅓ tsp **black pepper**
- [ ] ¼ tsp **white pepper**
- [ ] 1 tsp **garlic salt**
- [ ] ½ tsp **salt**, for the rub
- [ ] 2 tsp **ground bean sauce** (a soybean and wheat paste)
- [ ] 1 tsp **sugar**
- [ ] 1 Tbsp **salt** for the skin (wiped off after 5 minutes)
- [ ] 1 tsp **white rice vinegar** (or white vinegar)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a pot of water to a full boil. Dip the pork belly skin-side down for about 1 minute, then meat-side down for 30–45 seconds. Move it to cold water, scrape the skin clean and pat dry. 0:32
2. Prick the skin all over with a fork or toothpicks, going right through the skin — the more holes, the crispier it gets. 2:29
3. Turn it over and score the meat side in a shallow grid, stopping short of the skin. Rub in the mixed five-spice, peppers, garlic salt and ½ tsp salt. Stir the leftover rub with the bean sauce and sugar and spread it on the meat only. 3:33
4. Set the pork skin-side up on a foil tray with raised edges. Rub the 1 Tbsp salt over the skin, leave 5 minutes, then wipe off the salt and moisture and brush on the vinegar. Refrigerate uncovered for 10–12 hours until the skin is very dry. 6:21
5. Heat a full-size oven to 190 °C. Put 120 ml water in a roasting pan with a rack and set the pork on it. Turn the oven down to 175 °C and roast 20–25 minutes. 10:43
6. Raise the heat to 205 °C and roast another 30–35 minutes until the skin is puffed and crackling, checking through the oven light near the end. (In a toaster oven use temperatures -4°C higher.) 12:06
7. Rest the pork for 1 hour, then cut it skin-side up along the scored lines into bite-size pieces. 12:53

> **Tip** Rice is the usual partner; for keto, serve it with steamed greens such as gai lan. Nutrition is for the raw belly: fat that renders into the pan isn't subtracted. Leftovers keep 2–3 days chilled; re-crisp in the oven or air fryer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
721 kcal	28 g	2.1 g	0.3 g	66 g	1,170 mg
3,020 kJ	57% of a day	1.8 g net · 1.2 g sugars	1% of a day	24 g saturated	51% of a day
		1% of a day		85% of a day	

Energy from net carbs 1% · protein 16% · fat 83% — fits keto: 1.8 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Vitamin B12 65% · Omega-3 42% · Selenium 27%

Source of (10–19%) Zinc 19% · Vitamin B6 15%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Made With Lau (@MadeWithLau) on YouTube — youtube.com/watch?v=A33iR_Lp_WQ, published 23 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/siu-yuk-cantonese-crispy-pork-belly