

It is a type of siu mei, Cantonese roasted meat. This Keto Char Siu Chinese BBQ Pork Belly is a particularly delicious way to serve one of my favourite cuts of meat. Enjoy!

Servings - 8

Prep Time - 20 Mins | Cook Time - 50 Mins | Total Time - 1 Hr 10 Mins

Difficulty - Easy



Cuisine - Cantonese

RECIPE

KETO CHAR SIU CHINESE BBQ PORK BELLY

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Large Ovenproof Dish](#)

[Aluminum Foil](#)

[Medium Sharp Knife](#)

[Serving Tray](#)

INGREDIENTS

1 kg Pork Belly, boned

[1/3 Cup Stevia/Erythritol blend sweetener](#)

[2 Tsp Himalayan Salt \(Ground\)](#)

[1/2 Tsp Dried 5 Spices](#)

[1/4 Tsp White Pepper \(ground\)](#)

[1/2 Tsp Sesame Oil](#)

[1 Tbsp Rice Wine](#)

[1 Tbsp Soy Sauce, Reduced Sodium](#)

[1 Tbsp Keto Hoisin Sauce](#)

[2 Tbsp Sukrin Gold sweetener](#)

3 Garlic cloves, minced

[2 Tbsp Zero Sugar Maple Syrup](#)

1 Tbsp hot Water

METHOD

Cut the pork into 3 inches thick slices. Combine the sweetener, salt, five-spice powder, white pepper, sesame oil, wine, soy sauce, keto hoisin sauce, sugar-free maple syrup, food coloring and garlic in a bowl to make the marinade.

Reserve about two tablespoons of marinade, and rub the remaining marinade on the pork in a large baking dish. Cover the dish and refrigerate for a minimum of 8 hours. Store the reserved marinade in the fridge.

Preheat your oven to the highest setting, 475°F/240°C or Fan 220C/Gas Mark 9.

Line a pan with foil, then put a metal rack on top of the foil. This method roasts more evenly. The pork should be placed on the rack, leaving as much space as possible between pieces.

Pour 1 1/2 cups of water into the pan under the rack to prevent drippings from burning.

Pop the pork pieces in the oven and roast for 25 minutes.

Turn the pork, and should the bottom of the pan have dried out, add another cup of water. Turn the pan 180 degrees and roast the pork for another 15 minutes.

Combine the reserved marinade with syrup, Sukrin Gold, and one tablespoon of hot water to baste the pork.

After 40 minutes of roasting, baste the pork, flip it, and baste the other side—roast for a final 10 minutes.

The pork has been cooked for 50 minutes and should be cooked and caramelized. If it's not caramelized, turn the grill on for a couple of minutes to crisp the rind, keeping an eye on the pork as it will likely burn very quickly and leave it unattended.

Remove the pork from the oven. Baste the dish with the last bit of sauce, then let the meat rest for a minimum of 10 minutes.

The dish is ready to serve.

SERVING SUGGESTIONS

Serve with [Keto Chinese Cabbage](#).

STORAGE

Store in an airtight container in the fridge for 3 or 4 days.

NUTRITION FACTS

Per serving : 154 g | Calories 670 | Protein 12.3 g | Fat 67.2 g | Carbs 3.2 g | Fiber 0.2 g

Net Carbs : 1.2 g

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