

# Sweet Soy Pork Hocks



## what you need

- 2 large John Penny pork hocks (about 850g each)
- 3tbsp soft brown sugar
- 100ml light soy sauce
- 200ml pork or chicken stock
- 200ml rice wine
- 50g fresh root ginger, sliced into coins
- 3 garlic cloves, bruised
- 2 star anise
- 1 red chilli, slit but left whole
- Brown rice
- Coriander

**Preparation time:** 15 mins

**Cooking time:** 4 hrs

## how to cook

- 1 Preheat the oven to Gas 2, 150°C, fan 130°C, 300°F.
- 2 Place all the ingredients in a sturdy roasting tin and cover with a double layer of foil.
- 3 Roast for 2½ hours, turning the pork hocks over halfway, then remove the foil and cook for another 1½ hours, basting with the juices and turning the pork every 30 minutes or so.
- 4 To serve, break the pork into large pieces discarding the skin and most of the fat and pour the braising liquid over.
- 5 Serve with brown rice and coriander.