

Soy glazed chilli pork meatballs -Bánh mi

Makes 6 x rolls

Ingredients;

6 x Small crusty baguettes
6 x tablespoons- Slow roasted garlic mayonnaise
6 x tablespoons- Tomato and black pepper relish
18 x Soy glazed chilli pork meat balls
60g x Pickled carrots
30g x Cilantro + Spring onions

This recipe makes a great snack or lunch and can be whipped up in no time, the following recipes can be made in advance and can be kept in the fridge ready to make this delicious Soy glazed chilli pork balls Bahn mi for any unexpected friends arriving or just for a tasty snack.

First off start by preparing the following components;

Slow roasted garlic mayonnaise

Ingredients;

6 x cloves of garlic (leave unpeeled)
1 x small jar of mayonnaise (approx. 200g)
Pinch of sea salt
Olive oil to drizzle

Method;

Pre-heat an oven to (160c/ 320f)
Lay a piece of tin foil out onto an oven tray and place the cloves of garlic onto it and drizzle with a small amount of olive oil, add a pinch of sea salt and wrap the cloves up in the foil and place into the oven on the tray for approximately 30-40minutes (the cloves of garlic should be soft and smell amazing).
Once the garlic cloves are cooked, allow to cool slightly then squeeze the cloves out of their skins and into a bowl and mix well with the mayonnaise.
Set aside in the fridge.

Pickled carrots

Ingredients;

2 x large carrots (peeled and washed)
200ml white wine vinegar
100ml of water
1 tablespoon of white sugar
5 cardamon pods
2 cloves
1 star anise

Method;

Start by cutting the carrots into thin match stick like pieces.
Then in a saucepan add the water, vinegar, sugar, cloves, star anise and cardamon and bring to the boil.
Add the sliced carrots to the pan and reduce the heat to a simmer.
Simmer for approximately 15-20 minutes
Then switch off and allow to cool, then decant into jars or a plastic container and set aside in the fridge

Tomato and black pepper relish;

Ingredients;

1 can of chopped tomatoes (400g)
2 tablespoon of dark soy sauce
1 teaspoon of chilli flakes
10 x black peppercorns
2 tablespoons of balsamic vinegar
1 tablespoon of brown sugar

Method;

Add all of the ingredients to a pan and bring to a slow simmer for approx. 25-30 minutes.
Allow to cool and set aside in the fridge.

Once you have the following components ready all you need to do is prepare the following:

Soy glazed chilli pork meat balls;

Ingredients;

100ml dark soy sauce (for the glaze at the end)

500g pork mince

1 freshly chopped Hot red chilli (deseeded)

3 spring onions sliced finely

1 teaspoon of wholegrain mustard

Pinch of salt and pepper

Pinch of paprika

Method;

Add the pork mince to a mixing bowl and add all of the other ingredients (apart from the soy sauce) and mix well.

Divide the mix into 18 even balls (approx. 25-30g each)

In a pre-heated frying pan/ skillet add a small glug of cooking oil and fry the pork balls on a low to medium heat for a good 15 minutes making sure the pork balls get crispy and the pork is cooked through.

Once the pork balls are crispy and cooked, carefully drain any excess fat from the pan and add 100ml of dark soy sauce, on a low heat allow the pork balls to glaze slowly in the soy sauce, stirring gently and evenly. After a few minutes the soy sauce will reduce with the pork balls and get stickier this is when you know they are ready to serve!

Cilantro and spring onion mix;

Ingredients;

1 x bunch of spring onions (approx. 6)

1 x bunch of cilantros (approx. 60g)

Method;

Wash the spring onions and fresh cilantro first and then shred the spring onions finely at an angle and loosely chop the cilantro, then mix together.

Now all of the ingredients are ready you can make your Soy glazed pork meat balls Bánh mì.

Start by slicing the crusty rolls open and spreading a tablespoon of roasted garlic mayonnaise on both sides and a tablespoon of tomato and black pepper relish on both sides.

Place three soy glazed meatballs into the roll and add a spoonful of pickled carrots (approx. 10g)

Then sprinkle the fresh cilantro and spring onion mix over the top (approx. 5g) and enjoy!