

Chinese Cooking Y.Lo Style

BBQ PORK TRIANGLE PUFFS

LEVEL: EASY

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Easy, Fast and Tasty

Tips:

Use this marinade for the traditional Barbeque Pork.

Use Pork Loin or well marbled Pork Butt cut length wise and marinate for at least 2 hours to over night. Roast at 400 for 10 mins and slow down to 325F for about 30-45 minutes. Brush remaining marinade over meat ever 20 mins for a moist and sticky crust. Triple the amount of marinade with 2-3 lb of pork. Enjoy!!

Chinese Barbeque Pork Triangle Puffs (Cha-shiu So)

Prep Time: 30 mins

Cook Time: 30 mins

Make 16 -20 puffs

1 lb Pork Butt or shoulder, Ground or Minced
1 Cup Diced Onion

Marinade

2 tbs Hoisin Sauce

1 tbs Soy Sauce

1 tbs Dry Sherry

1 tbs Honey

1 tsp Sugar

2 Sheets of 9x12 Thawed Puff Pastry Dough
1 Beaten Egg with 1 tbs of water
Sesame Seeds

1. In a mixing bowl, combine all marinade and pork, mix together.
2. In a medium sauce pan, add 1 tbs of Vegetable oil over medium high heat. When hot, stir fry marinated pork until cooked and marinade becomes sticky. Put pork in a bowl and let cool in refrigerator for about 15 minutes.
3. Pre Heat oven at 400F. Beat egg and water together and set aside
4. Cut Puff Pastries into 12 3x3 squares. Keep a damp towel on top of puff pastries or a plastic wrap to prevent from drying.
5. When filling is cooled, spoon 1 oz or 2 tbs of fillings in the lower half triangle of the squares. Fold pastries in half diagonally to form a triangle puff. Press Dough edge with a fork until they are sealed.
6. Brush Egg wash over triangles and sprinkle with sesame seeds
7. Place all triangles on a lined or greased baking sheets and bake for about 15-20 minutes until golden brown and puffy. Serve hot or at room temperature.

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