

LION HEAD (紅燒獅子頭)

(YIELD: 8-12 SERVINGS)



INGREDIENTS

0. Lion head (j/k)
1. 2 pounds ground pork
2. 2 pounds ground beef
3. 1 Napa cabbage (clean and separate into individual leaves, slightly chopped into big chunks)
4. 2 large tomatoes
5. 1 ~ 2 boxes of silk tofu

SPICES

1. Grinded ginger
2. Chopped carrots (optional) and green onions
3. Soy sauce
4. Sesame oil
5. Salt
6. White pepper
7. 1 egg

PREPARATION

1. Mix the ground meat and all the spices together with hands. Massage the meat well until tender.
2. Form meatballs of desirable size, toss back-and-forth with two hands to soften it even more.
3. Once all the meatballs are formed, use sesame oil in a deep frying pan, medium to high heat, pan-fry each meatball until golden brown in all sides. Remove them from the pan into a deep stew pot.
4. Once the meatballs are done, use the remaining oil to slightly sauté the cabbage and transfer to the stew pot as well.
5. Add enough water to cover the meatballs but don't add too much water since cabbage will generate water as well. If the flavor is too light, add extra soy sauce.
6. With medium to low heat, cook the pot until cabbage gradually dissolves. Add tomatoes and continue cooking for about 30 minutes.
7. 20 minutes before it is ready, add the tofu and gently stir.