

Central Vietnamese Grilled Pork

Nem Nướng



Enjoy with rice paper, vermicelli rice noodles, or baguette!

GRILLED PORK

- 2 lbs ground pork
- 1 garlic bulb, finely chopped or minced into fine paste (use mortar and pestle or food processor)
- 2 teaspoons of baking powder
- 4 tablespoons water
- 1/2 teaspoon salt
- 2 tablespoons good fish sauce (prefer 3 crabs brand)
- 4 tablespoons sugar
- 1-2 teaspoons ground pepper
- 2 tablespoons roasted rice powder (thính)
- 1 tablespoon oil
- 20 wooden skewers (soaked in water for 20 minutes), optional

1. In a large bowl, combine the ground pork, garlic, salt, fish sauce, sugar and white pepper. Knead the pork mixture until all the ingredients are well mixed.
2. Add roasted rice powder to the mixture to enhance the aroma and taste. Mix it well.
3. Using a food processor, mix the meat more in small batches for a few minutes per batch. The meat should be lighter in color and stickier. This will further combine the flavors and give the meat a better texture.
4. In a small bowl, mix water, and baking powder. Stir the mixture until it foams up. Pour baking powder mixture into the pork mixture. Knead the pork mixture until all the ingredients are well mixed. The baking powder adds firmer and bouncier texture.
5. Cover the meat mixture and let it rest in the refrigerator for at least 2 hours or overnight so that flavors can develop and the meat gets firmer which makes it easier to form patties, skewers or balls.



6. Rub a small amount of oil into the palm of your hands so that the meat does not stick to it. Now you can form any shape you would like.
7. Turn on your grill or charcoal and grill it at medium high heat until it turns golden brown.

Accompaniments

- Pickled carrots and daikon (recipe below)
- Simple dipping sauce (recipe below)
- Fried rolls
- Lettuce
- Cucumbers, thinly sliced
- Mint
- Rice paper wrappers
- Fresh Chinese chives (for spring rolls)
- Crushed roasted peanut



Pickled Carrots and Daikon

- 3 carrots, julienned
- 1 daikon, julienned
- 3 parts of warm water
- 1 part of vinegar
- 2 parts of sugar

Mix water, vinegar and sugar in a bowl. Add carrots and daikon in a jar. Pour just enough of mixed water to submerge carrots and daikon. Pickle for about 1/2 hour before use. May be kept in the fridge for months.



Simple Dipping Sauce

- 2 garlic cloves, minced
- 1-2 red Thai chili, minced
- ¼ cup sugar
- ¼ cup warm water
- ½ cup fish sauce
- ½ cup fresh lime juice

Combine all of the above. Adjust any of the ingredients to your taste.

