

Bak Kut Teh

Bak Kut Teh means meat bone tea in Hokkien. It is a herbal soup of pork ribs simmered in a broth of Chinese herbs and spices, known for warming properties, originating in Malaysia / Singapore. A Chinese doctor in Malaysia may have invented the dish in the 1930s or brought the recipe from his hometown Fujian, China, in the 1940s. Traditionally, Bak Kut Teh was eaten by coolies in Malaysia to supplement their meagre diet and as a tonic to boost their health.

Video Translation

Today we are making Bak Kut Teh

Ingredients:

- Three big bowls of water
- Bak Kut Teh ingredients
- 600 grams of pork
- Three garlicks
- 1 teaspoon salt
- Soy sauce

Firstly put three bowls of water and Bak Kut Teh ingredients in a pot.

Then put the meat and garlicks in the pot and boil for 30 minutes. Add seasoning, then cover. Simmer for 60 minutes. It's done!

Why I chose Bak Kut Teh and how it relates to my life in Australia

We often travel to Asia to visit my Mum's family. I tasted Bak Kut Teh whilst there and discovered that I like it. I chose cooking Bak Kut Teh for the competition because it reminds me of my travels.

Australia is a multicultural society. Even though I have no connection with Singapore or Malaysia I can recreate one of my favourite dishes by buying ingredients to cook Bak Kut Teh in one of the many Asian grocery shops throughout Canberra.