

Pork Vindaloo

Hot Pork and Potato Stew



Ingredients

600g lean pork shoulder, skin removed and cut into chunks

Spice paste

1 tsp of mustard seeds
1 tsp of cumin seeds
2 tsp of coriander seeds
4 whole cloves
4 dried kashmiri chillies
1 tsp of black peppercorns
2 onions, roughly chopped
6 garlic cloves
3 cm piece of fresh ginger
3 tbsp of vinegar
1 tsp of turmeric powder
1 tsp of salt

Sauce

1 tsp of mustard seeds
½ tsp of sugar
4 medium potatoes, cut into 3cm cubes

Method

- 01** Create the spice paste by grinding all the spices (mustard, cumin, coriander, cloves, chillies, pepper) to a fine powder.
- 02** Place the spices into a blender with the onions, garlic, ginger, vinegar and a splash of water then blend to make a paste.
- 03** Put the meat into a bowl and sprinkle with the turmeric, salt and two tablespoons of the spice paste.
- 04** Mix this all together so all the meat is coated. Cover and leave to marinate for at least 20 minutes.
- 05** Heat a tablespoon of oil in a large heavy based pan and add the mustard seeds. When they start to pop add the remaining spice paste and cook to brown the paste until fragrant.
- 06** Add the marinated meat and stir-fry for a few minutes. Reduce the heat and cover the dish and let the pork simmer for 5 to 10 minutes.
- 07** Add the sugar and the chopped potatoes then reduce the heat and leave to cook on a gentle heat for about 30 to 40 minutes until the meat is tender and the potatoes are soft.
- 08** Check while it is cooking and add a splash of water if and when required.
- 09** The final dish should be delicious with the sauce clinging to the meat. Check the seasoning and adjust if required.

Served with

Always wise to have a small bowl of cooling yoghurt with this dish to dip into as and when you need it.



More on this recipe

<http://www.harighotra.co.uk/pork-vindaloo-recipe>