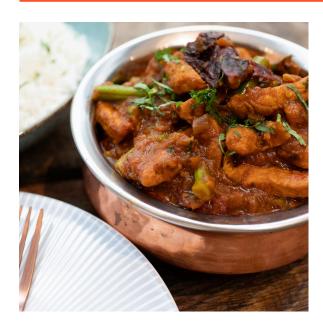# Quick Keralan Pandi
South Indian Pork Curry

Ingredients

600g -pork loin steak

Sea salt to taste

Freshly ground black pepper

2 tbsp coconut oil

1 tsp fennel seeds or 2 star anise

2 dried red chillies

2 onions, finely diced

2 tsp cumin seeds

1 tsp coriander seeds

5 garlic cloves, minced

2 fresh green chilli, chopped

chopped

1 tbsp ginger, freshly grated

400g tinned tomatoes

1 tbsp tamarind paste

1 tsp ground turmeric

200g coconut cream

100g green beans, trimmed

Handful fresh coriander leaves, choppedleaves,

Method

01 Heat a wide pan and add the oil. Once hot, add the whole fennel seeds and red chillies.

02 Add the onions and sauté until they start to brown, then add the minced garlic.

03 Remove the fat from the pork and cut into strips. Season the pork with salt and lots of black pepper and ½ tsp of the turmeric.

04 Stir the tinned tomatoes, tamarind, green chilli, grated ginger into the pan with the onions and stir through.

05 Grind the coriander seeds and cumin seeds in a pestle and mortar.

06 Once the masala starts to simmer, add the remaining turmeric, ground cumin and coriander, and stir. Let it reduce and thicken.

07 Add the meat and stir to coat with the sauce. Reduce the heat and cook for 5-10 minutes.

08 Pour in the coconut cream and heat through, then add the trimmed beans and cook for a further 5 minutes until the beans are cooked.

09 When cooked through, check the seasoning and add the coriander leaves and serve with plain rice.

Served with

I like to have mine with plain rice so I can savour the flavour of the sauce.