



Pork Vindaloo

Traditionally Vindaloo in the tropical coastal province of Goa is made with Pork because Goa is predominately Catholic. A fiery stew with Portuguese influence from colonial times where pork is cooked with Hot Indian chiles, vinegar (vin) and garlic (aloo).

Ingredients:

1 large onion, chopped.
1 full bulb of garlic, peeled and crushed.
1 TBL fresh ginger, sliced.
2-4 tsp Goan Vindaloo
1 TBL tomato paste
1 TBL brown sugar
6 TBL vegetable oil or ghee
2 LB lean pork cubed
½ cup apple cider vinegar
1 + ½ cups stock or water
Salt to taste

For Garnish

Yoghurt
Cilantro

Spices Used: Goan Vindaloo

4-6 Servings

Instructions:

- 1 - Place onion, garlic, ginger, Goan Vindaloo, tomato paste, brown sugar in a food processor and blend. Add enough apple cider vinegar to make a paste.
- 2 - Rub the paste into the meat until all pieces are thoroughly covered. Cover and marinate overnight in fridge.
- 3 - Heat the oil in a Dutch oven and sear the meat over medium heat until evenly browned.
- 4 - Add the rest of the vinegar and continue cooking for 5 minutes on medium-high heat. Stir in any of the remaining spice paste.
- 5 - Add stock, season and bring to a boil.
- 6 - Reduce heat, cover and simmer gently for about an hour until the meat is tender. Add water if necessary if reduced too much. Adjust seasoning and stir in cilantro.
- 7 - Serve on a bed of basmati rice with yoghurt to temper the heat.