



Pork Vindaloo

A very hot, spicy curry - not for the faint hearted!

Serves : 4

Preparation Time : Included in cooking time below

Cooking Time : 1 hour 15 minutes

Ingredients

1 lb / 450g pork belly cut into one inch cubes
1 large onion finely chopped
1 clove of garlic crushed
1/3 pint malt vinegar
4 tbsp vegetable oil or fat
water
4 small potatoes (optional)

Herbs & Spices

8 (or to taste) Chillies Whole
1/2 tsp Turmeric
1 1/2 tbsp Cumin Ground
2 tsp (or to taste) Chilli Ground
1/2 tsp Ginger Ground

Cooking Instructions

Mix the cumin, ground chilli, coriander and ginger with the crushed garlic to form a thick paste. Place the meat in a deep dish and rub in the spice and garlic mixture. Add the vinegar and leave to marinate for several hours (ideally overnight). Stir the marinade occasionally.

At the end of the marinading period fry the onion in the oil with the whole chillies until brown. Add turmeric and continue to fry for one minute. Add the contents of the meat dish and the potatoes if using.

Simmer until the meat is tender adding water as necessary to keep the juice thin. Season to taste.

Serve with boiled or fried rice.