

Goan Style Vindaloo Pork (other meats such as beef can be used)

[A western Indian dish from the Christian community in that part of India.]

- 1-2 lbs. of pork (or other meat) cut into cubes (ground pork can be substituted)
- 2 Tsp of ground cumin seeds
- .5 Tsp of red pepper flakes (or to taste)
- .5 Tsp of ground black peppercorns
- 1 Tsp of ground cardamom seeds
- 1 Tbsp of ground cinnamon
- 1.5 Tsp of ground mustard seed (black mustard if available)
- 1 Tsp of ground fenugreek (or anise) seeds (coffee grinder works)
- 5 Tbsps of white wine or rice vinegar
- 1.5 Tsp of salt
- 1 Tsp of light brown sugar
- 10 Tbsps of coconut oil (or other vegetable oil)
- 2 medium onions peeled and chopped
- 1 cup of vegetable broth (or water)
- 2 Tbsps of ginger paste (or 1" cube of chopped fresh ginger)
- 2 Tbsps of garlic paste (or small head of garlic minced)
- 1 Tbsp of ground coriander seed
- 1 Tsp of ground turmeric

Put all the spices in a bowl (except ginger, garlic, coriander and turmeric). Add the wine vinegar, salt and sugar and mix well. Heat oil and put onions into the pan and cook over medium heat until they begin to brown. Remove onions with a slotted spoon and place in a blender. Add 2-3 tablespoons of water and puree and then add spice mixture from bowl and blend. If you use chopped ginger and garlic, puree these with a little water and remove from the blender before doing the onions.

Re-heat the pan you cooked the onions in on high or medium-high. There should be sufficient oil remaining but if not add oil. Put the meat into the pan and lightly brown the meat and remove with a slotted spoon. Turn heat down to medium and add the ginger/garlic paste and blend into the remaining oil. Add the coriander and turmeric and blend in. Put the lightly browned meat back into the pan, add the puree mixture to the pan and then add the cup of vegetable broth. Bring the mixture to a boil, reduce heat to low, cover, simmer for about an hour and stir occasionally.