



Sri Lankan Black Pork Curry

INGREDIENTS

- 500g Scotch fillet, diced into 2cm cubes
- 2 Tbsp canola oil
- 1 large onion, peeled and diced
- 1 Tbsp ea finely diced fresh garlic and ginger
- 2 Tbsp ea toasted curry spice and ground black pepper
- 1 tsp ground coriander
- ½ tsp turmeric powder
- 5 cardamoms, crushed
- 4 whole cloves
- 1 piece of cinnamon stick
- Salt, to taste
- 10 curry leaves
- 2 cups water
- 1 Tbsp palm sugar or brown sugar
- 200ml coconut milk

METHOD

1. Heat the oil in a heavy based lidded saucepan and stir fry the pork, onion, garlic and ginger until pork lightly browned.
2. Add all remaining spices and curry leaves and stir fry for 5 minutes.
3. Stir in the water and sugar; bring to the boil, place lid on pan, and simmer gently for 45 minutes until sauce has thickened and meat is cooked through and tender.
4. Serve with sautéed leeks and long grain rice to which 1 tsp of turmeric powder has been added during cooking.

Preparation Time – 15 mins

Serves 4

Cook Time – 1 hr

Hints/Tips

- To make your own toasted curry powder simply toast the following spices together on baking paper in a heavy fry pan until deep golden in colour and then grind in mortar and pestle or coffee grinder
 - 1 tsp ea fennel seeds, cumin seeds, fenugreek seeds, 2 Tbsp coriander seeds, 6 ea cardamoms and cloves, 5cm cinnamon stick
- Scotch fillet, shoulder steaks or pork fillet are ideal cuts to use