

PORK VINDALOO

(adapted from several sources)

2 pounds boneless pork butt, cut in 1.5 inch pieces
2 onions, diced (or substitute 2 large stalks of celery + 2 carrots, minced)
4 garlic cloves, minced (or use garlic powder)
1.5 tsp salt
1 tsp black pepper
2 tablespoons grapeseed oil
2 tablespoons smoked paprika
2 teaspoons garam masala
1/8 teaspoon cayenne pepper
1/4 teaspoon Aleppo pepper
2 tablespoons all-purpose flour
1 tablespoon mustard seeds
1 teaspoon sugar
3 cups chicken broth
1 can (14.5 oz) diced fire-roasted tomatoes
1 tablespoon red wine vinegar

Heat the oil in a Dutch oven or large pan. Add pork pieces, onions (or celery and carrots), garlic, salt and pepper. Cook, stirring every couple of minutes, until the meat gets golden brown, about 15 minutes. Stir in the spices and garlic powder (if using), cook for a minute until fragrant, add the flour, cook while stirring for another minute, then add the chicken stock, canned tomatoes, mustard seeds, and sugar. Bring to a simmer. To finish the dish, you have several options:

Crockpot: add vinegar, transfer to a crockpot and cook on low for 5 to 7 hours.

Regular oven: add vinegar, place in a 325F oven for 3 hours.

Pressure cooker: add vinegar, bring to full-pressure and cook for 35 minutes. Release pressure manually and simmer down to reduce the sauce, if necessary.

Right before serving, add fresh cilantro leaves.