

Pannierachi Piralen - Pork With Spices

Piralen is a generic term for a dish whose stock has been reduced and the resulting thick gravy, rich with spices, clings to the meat. PORK WITH SPICES can be eaten with rice or Indian bread and lentils.

Ingredients (To serve 4)

Boneless tenderloin pork - 1 lb / 450 gm
 Ginger - 1-inch / 2.5-cm piece
 Garlic cloves - 4
 Fennel seeds - ¼ tsp
 Cinnamon - 1 stick
 Peppercorns - 6
 Red chili powder - 1½ tsp
 Coriander powder - 1 tbsp
 Turmeric powder - ¼ tsp
 Small green chilies - 4
 Shallots - 6
 Large tomato - 1
 Olive oil - 3 tbsp
 Mustard seeds - 1 tsp
 Vinegar - 1 tbsp
 Salt - 1 tsp

Nutrition Information

(per serving) %DV

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Calories	277	14 %
Carbohydrates	11 gm	4 %
Protein	26 gm	52 %
Fat	15 gm	23 %
Cholesterol	74 mg	25 %
Sodium	674 mg	28 %
Fiber	2 gm	8 %
Calcium	49 mg	5 %
Iron	3 mg	17 %

Utensils

Blender
 Spice grinder
 Medium pan with lid

Preparation (15 minutes + marinating)

1. Wash and cube the pork into 1½ -inch pieces.
2. Peel the ginger and garlic. Blend the ginger and garlic to a fine paste in the blender.
3. Grind the fennel seeds, cinnamon stick, and peppercorns to a powder in the spice grinder.
4. Mix the garlic-ginger paste, ground spices, red chili, coriander and turmeric powders, and a little water to make a thick marinade.
5. Cover the pork cubes with the marinade. Leave them aside for about an hour.
6. Peel and chop the shallots.
7. Trim the stems off and slit the green chilies lengthwise into thin strips.
8. Chop the tomato into chunks.

Cooking (45 minutes)

1. Heat the oil in the pan over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds pop, add the shallots and stir-fry until golden brown.
4. Add the green chilies and stir-fry for a minute.
5. Add the pork with all the marinade and the chopped tomato to the shallots-green chili mixture.
6. Mix well, and stir continuously until the tomatoes are soft.
7. Reduce the heat to low. Add about ½ cup of water, cover and cook for about 40 minutes stirring occasionally until the pork is cooked (knife cuts easily through the pieces when done). Add more

water as needed to cook the pork.

8. Add the vinegar and simmer for another five minutes until the sauce is reduced.
9. Season with salt.

Serve: Hot.

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