



PANDI CURRY

MISE EN PLACE

- *Bring your pork out to room temperature, at least an hour before your class.*
 - *Preheat your oven to 300 F.*
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PANDI CURRY (Pork Curry from Karnataka in Southern India)

Recipe by Aditya Raghavan

1 kg boneless pork shoulder/pork butt

Marinade:

2 tsp turmeric

2 tsp Kashmiri Red chili powder (sub. 1 teaspoon cayenne pepper + 1 teaspoon paprika)

2 tsp ground black pepper

1.5 tbsp grated ginger

5 cloves of garlic made into a paste

2 tsp salt

To roast and grind into a powder:

3 tbsp coriander seeds

1.5 tbsp black mustard seeds

1.5 tbsp cumin seeds

1/2 tsp fenugreek seeds

3 cloves

For the curry:

2 onions, sliced

3 Thai green chilies, slit lengthwise

3 tbsp grapeseed oil, or use canola oil

750 ml water

1 tbsp black pepper

a lime sized piece of tamarind pulp, soaked in 1/4 cup water

Seasoning: Chinkiang Vinegar known as Chinese Black vinegar

(sub malt vinegar or red wine vinegar)

salt to taste

For the rice balls:*

1 cup idli rava, also known as rice semolina

2 cups water

Salt to taste (couple of small pinches)

Oil for making balls

** If you don't make the Rice Balls, you can serve your Curry with Basmati Rice*

- Preheat your oven to 300 F.
- Marinate the Pork: Cut the pork shoulder into 3-inch cubes. Don't cut the meat too small. Combine all the marinade ingredients with the pork and marinate for 30 minutes.
- Tamarind Water: Place the tamarind in a bowl and add 1/4 cup hot water and a pinch of salt. Let it sit for 5-10 minutes before pressing the fruit and removing all the seeds, using a sieve.
- Roasting Spices: Bring a frying pan to medium heat, and when hot, roast each of the whole spices individually. The coriander seeds are roasted to a very dark colour, almost black. The cumin seeds are also over roasted, marginally. Similarly, dark roast the mustard seeds, and fenugreek seeds. Heat the cloves till they give off a whiff of smoke. Once cooled, grind the mixture in a spice grinder.
- Making the Curry: In a 4-6 quart braising pot, a Dutch oven works well, fry the onions in grapeseed oil until golden brown, then add the slit green chilies, and fry for a minute.
- Now, add all the pork with the marinade and raise the heat to medium high, while sautéing the meat and onions. Add a little bit of water so that the marinade doesn't stick. After 3-4 minutes, add the remaining water, pepper, more salt (about 1 1/2 teaspoons), all the ground spices, and all the tamarind pulp.
- Bring to a gentle simmer.
- Prepare a cartouche to cover the braising meat before it goes into the oven.
- Braising the Curry: Place cartouche and then cover the pot with a tight-fitting lid and place in the oven. Cook for about 3 hours, maybe longer, depending on the size of the pork pieces.

- Halfway through the braise, remove the pot and check to see if the sauce has reduced too much. Add a bit of water if that has happened.
- Once the pork is cooked to a fork tender stage, remove pieces to reduce the sauce. The key is to have a thick sauce which is split and has fat coming out.
- Once reduced sufficiently, we can add the pork pieces back and adjust the seasoning with salt and black vinegar.
- Rice Balls: Prepare a steamer to steam the rice balls.
- Heat the water in a sauce pan and once it comes to a boil, add a couple of pinches of salt.
- Add a couple tablespoons of rice semolina and mix well using a firm wooden spoon. Keep adding the rice semolina in small doses, mixing well between each dose.
- Once all the rice semolina is added, remove from heat and give it another vigorous mix with a wooden spoon.
- Let cool for a couple of minutes, but generally working quickly (as the mixture can dry out) make balls the size of limes, adding oil to your hands so it doesn't stick. Place the rice balls in the steamer tray and steam for fifteen minutes. Make sure there is enough water at the bottom of the steamer.
- Remove from steamer and serve with curry.

SPINACH STEW *(serves 4 as a side dish)*

Recipe by ADITYA RAGHAVAN

2 142 g (5 oz) boxes of baby spinach

1/4 tsp turmeric

2 tbsp oil

2 tsp black mustard seeds

2 tsp cumin seeds

2 whole red chilies

Salt, to taste

- Heat oil in a 4-quart pot. Add the mustard seeds, cumin seeds and whole chilies.
- Once the mustard seeds begin to splutter, add turmeric and quickly add a few handfuls of spinach.
- Keep adding more spinach as it reduces in the pot, till you have added all the spinach.
- Season with a little bit of salt.
- Simmer on low for 15-20 minutes. Add water if needed.
- Season and serve warm.

EQUIPMENT

Cutting board and knives

Measuring cups and spoons

Dutch oven or braising pot with lid, 4-6 quart for curry

4-quart pot for spinach stew

Steamer for rice balls

Spice grinder, or use a mortar and pestle