

Pork Vindaloo

Yield: 4 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chef-pork-vinaloo-recipe>

Ingredients:

- 5 whole chilies Kashmiri
- 1/2 teaspoon whole cloves
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon cumin seeds
- 2 inches fresh ginger
- 1/3 cup apple cider vinegar
- 10 garlic cloves
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon garlic salt
- 1/2 teaspoon ground turmeric
- 2 pounds pork shoulder
- 1 red onion large
- 3 tablespoons canola oil
- 1 1/2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 cup water optional
- basmati rice steamed, or naan bread, for serving

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 150 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 47 grams
7. SaturatedFat: 5 grams
8. Sodium: 470 milligrams
9. Sugar: 3 grams

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