INDIAN · DINNER

Coorg Pandi Curry (Kodava Pork Curry)

60 min · Serves 4 · 583 kcal a serve · Video 7:20 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · No dairy listed · No nuts listed

Pork shoulder cooked in its own fat with a dark-roasted coriander masala, with no added oil, sugar or flour: about 45 g protein and 5 g net carbs a serve, and rich in zinc and selenium.

Diet notes: Keto (5.3 g net carbs a serve).

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Ingredients 22 · SERVES 4

- [ ] ¼ cup **coriander seeds**, dark-roasted (masala)
- [ ] 2 g **cinnamon** stick (masala)
- [ ] 2 **green cardamom pods** (masala)
- [ ] 4 **cloves** (masala)
- [ ] 1 tsp **fenugreek seeds** (masala)
- [ ] ½ tsp **cumin seeds** (masala)
- [ ] 1 tsp **black peppercorns** (masala)
- [ ] 1 tsp **raw rice**, toasted (masala)
- [ ] 2¼ lb **pork shoulder**, cut into chunks
- [ ] 1 tsp **salt**
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tsp **Kashmiri red chilli powder**
- [ ] 1 oz **fresh coriander** (paste)
- [ ] ½ oz **ginger** (paste)
- [ ] ¾ oz **garlic** cloves (paste)
- [ ] ½ **onion**, sliced (paste)
- [ ] 4 **green chillies**, seeded (paste)
- [ ] ½ **onion**, sliced (for the pot)
- [ ] ¼ cup **water** (plus a splash to rinse the blender)
- [ ] 20 **curry leaves**
- [ ] 1 tbsp **kachampuli** (Coorg fruit vinegar)
- [ ] **fresh coriander**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. For the masala, dry-roast the coriander seeds until very dark, then add the cumin, peppercorns, cinnamon, cardamom, cloves, fenugreek and rice and toast until the rice is golden. Cool and grind to a fine powder. 0:41
2. Toss the pork with the salt, turmeric and chilli powder and set aside. 1:30
3. Blend the fresh coriander, ginger, garlic, half the onion and the green chillies with a little water to a smooth green paste. 1:46
4. Put the pork, the other half onion (sliced) and ¼ cup water in a heavy pot over low heat, cover and cook 10 minutes until the water has gone and the pork is frying in its own fat. 2:14
5. Add the curry leaves and stir until fragrant, then the green paste and the rinsing water. Cover and cook 10–20 minutes, stirring every 5 minutes, until the pork is nearly tender. 2:37
6. Stir in 2 tbsp of the masala (save the rest) and the vinegar, and cook until the pork is tender and the curry darkens and thickens. Garnish with coriander. 3:06

> **Tip** Eaten with akki roti or rice. Pork belly or leg also work. If you can't find kachampuli the cook suggests dark malt vinegar (not gluten-free). The leftover masala keeps in a jar.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
583 kcal 2,440 kJ	**45** g 90% of a day	**7.5** g 5.3 g net · 1.5 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
2.2 g 8% of a day	**41** g 15 g saturated 52% of a day	**720** mg 31% of a day

Energy from net carbs 4% · protein 32% · fat 64% — fits keto: 5.3 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Selenium 117% · Zinc 66% · Vitamin B12 62% · Vitamin B6 40% · Vitamin K 22% · Iron 20%

Source of (10–19%) Potassium 17% · Vitamin C 14% · Vitamin D 14% · Magnesium 12%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=5uoZXt8wPtQ, published 15 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/coorg-pandi-pork-curry-keto