INDIAN · LUNCH · DINNER

Goan Pork Vindaloo (No Added Oil)

80 min · plus 2 hours to overnight marinating · Serves 6 · 446 kcal a serve

Video 9:56 · Get Cooking Now

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

Cooked with no added oil — the pork's own fat carries the spice paste — it gives about 31 g of protein a serve and is rich in selenium, zinc and vitamin B6 from the pork.

Scan for the video, full nutrition and more free recipes

Ingredients 15 · SERVES 6

- [ ] 1 kg **boneless pork** with its fat (shoulder or belly), cubed
- [ ] 2½ tsp **salt** in all (1 tsp on the meat, 1 tsp in the marinade, ½ tsp at the end)
- [ ] 16 **dried Kashmiri red chillies**, stems and some seeds removed
- [ ] 16 medium **garlic** cloves
- [ ] 2.5 cm piece **ginger**
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tsp **cumin seeds**
- [ ] ¼ tsp **black peppercorns**
- [ ] 2.5 cm **cinnamon** stick
- [ ] 8 **cloves**
- [ ] 120–180 ml **Goan vinegar** (or apple cider or palm vinegar)
- [ ] **tamarind**, a 2.5 cm ball (about 15 g), soaked in warm water and squeezed
- [ ] 4 medium **onions**, sliced
- [ ] 1 tbsp **sugar** (1 tsp for just a hint of sweetness)
- [ ] about 650 ml **water** in all (120 ml for the tamarind, 60 ml to rinse the blender, then 350 ml and 120 ml while cooking)

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

Allergens found in the listed ingredients: Sulphites. 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. Cube the pork, keeping the fat on, rub it with 1 tsp salt and set aside. 0:52
2. Blend the garlic, ginger, cumin, cinnamon, peppercorns, cloves, turmeric, 1 tsp salt and about 120 ml vinegar with the broken Kashmiri chillies to a smooth paste, adding more vinegar if needed. Rinse the blender with 60 ml water and keep that liquid. 2:43
3. Coat the pork in the paste, cover and marinate for at least 2 hours, or overnight in the fridge (bring it back to room temperature before cooking). 3:54
4. Soak the tamarind in 120 ml warm water for 15 minutes and squeeze out the pulp. Mix the sliced onions through the marinated pork. 4:41
5. Put the pork and onions in a heavy pan with no oil, fattier pieces at the bottom. Cover and cook on medium for 10 minutes, stirring every 5 minutes, then add the blender water and tamarind pulp and cook 5 minutes more. 5:45
6. Add 350 ml water, cover and simmer on medium-low for 15 minutes, then add 120 ml more water and cook another 10–15 minutes, stirring now and then. 7:28
7. Stir in the sugar, taste for salt, sourness and heat, and cook until the pork is tender and oil floats on top, about 10 minutes more. It tastes even better after a day or two in the fridge. 8:25

> **Tip** Serves 6 (our estimate from 1 kg of pork). Use 1 tsp sugar for less sweetness. Keeps 3–4 days in the fridge and freezes well; serve with rice or bread.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
446 kcal	31 g	18 g	2.7 g	27 g	1,060 mg
1,870 kJ	62% of a day	15 g net · 7.4 g sugars	10% of a day	9.9 g saturated	46% of a day
		6% of a day		35% of a day	

Energy from net carbs 14% · protein 29% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 79% · Zinc 45% · Vitamin B12 42% · Vitamin B6 39%

Source of (10–19%) Potassium 15% · Iron 15% · Vitamin C 12% · Magnesium 10%

Recipe and video: Get Cooking Now (@GetCookingNow) on YouTube — youtube.com/watch?v=itEv7Y96Dok, published 27 March 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/goan-pork-vindaloo-no-oil