SRI LANKAN · LUNCH · DINNER

# Sri Lankan Black Pork Curry

75 min · Serves 4 · 538 kcal a serve · Video 5:04 · Ceylon Kitchen

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

A high-protein, low-carb curry (about 9 g net carbs a serve) built on pork and whole spices, rich in selenium, zinc and vitamin B6; its dark colour comes from roasted spices, not sugar.

**Diet notes:** Keto (8.9 g net carbs a serve); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

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## Ingredients 22 · SERVES 4

- [ ] 750 g **pork** with some fat, cubed
- [ ] 1½ tbsp **ginger and garlic paste**
- [ ] 1 tbsp **Sri Lankan curry powder** (unroasted)
- [ ] 4 tsp **roasted curry powder** (Sri Lankan dark roast; 1 tbsp in the marinade, 1 tsp in the pan)
- [ ] 4 tsp **chilli powder** (1 tbsp in the marinade, 1 tsp in the pan)
- [ ] ½ tbsp **ground black pepper**
- [ ] ¾ tsp **turmeric powder**
- [ ] 2½ tsp **salt** (1½ tsp in the marinade, 1 tsp in the curry), or to taste
- [ ] 2 tbsp **oil**
- [ ] 1 tsp **mustard seeds**
- [ ] 1 tsp **fenugreek seeds**
- [ ] ½ tsp **cumin seeds**
- [ ] 4 **cardamom pods**, crushed
- [ ] 4 **cloves**, crushed
- [ ] a little **cinnamon** stick
- [ ] a small piece of **lemongrass**
- [ ] 2 sprigs **curry leaves**
- [ ] a little pandan (rampe) leaf
- [ ] 1½ **onions**, sliced
- [ ] 2 **green chillies**, chopped
- [ ] 2 pieces **goraka** (dried garcinia)
- [ ] **water** to braise (about 240 ml; the cook adds it by eye)

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

**Allergens found in the listed ingredients:** Mustard. 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. Mix the cubed pork with the ginger-garlic paste, 1 tbsp curry powder, 1 tbsp roasted curry powder, 1 tbsp chilli powder, the pepper, turmeric and 1½ tsp salt. Cover and leave for at least 20 minutes. 0:22
2. Heat the oil in a clay pot or heavy pan. Fry the mustard seeds, fenugreek and cumin for about 30 seconds, then add the crushed cardamom and cloves, cinnamon, lemongrass, pandan and curry leaves. 1:20
3. Add the onion and green chillies and stir-fry for 2–3 minutes. Stir in the remaining 1 tsp roasted curry powder and 1 tsp chilli powder and keep stirring for 1 minute. 2:08
4. Add the marinated pork and stir-fry for several minutes until it browns all over, then cover and cook for 5 minutes on medium heat. 2:50
5. Add the goraka and enough water to just cover. Cover and cook for 15–20 minutes, stir, then cover and cook 10 minutes more on medium until the pork is tender and the sauce dark and thick. Season with 1 tsp salt, or to taste. 3:28

> **Tip** Serves 4 (our estimate from 750 g pork). Goraka is dried garcinia from Sri Lankan grocers; a little tamarind works instead. Like most black curries it tastes better the next day; serve with rice or string hoppers.

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

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 538 kcal<br>2,250 kJ | 35 g<br>71% of a day | 14 g<br>8.9 g net · 3.5 g sugars<br>5% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 5.1 g<br>18% of a day | 38 g<br>12 g saturated<br>49% of a day | 1,560 mg<br>68% of a day |

**Energy from** net carbs 7% · protein 27% · fat 66% — fits keto: 8.9 g net carbs, 66% of the energy from fat

**High in** (20%+ of a day) Selenium 92% · Zinc 53% · Omega-3 49% · Vitamin B12 47% · Vitamin B6 38% · Iron 25% · Vitamin E 23%

**Source of** (10–19%) Potassium 16% · Magnesium 14% · Vitamin K 13% · Vitamin C 11% · Vitamin D 11%

⚠ One serve has about 68% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Ceylon Kitchen (@CeylonKitchen) on YouTube — youtube.com/watch?v=60YITxKSqfM, published 5 June 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/sri-lankan-black-pork-curry