

Sri Lankan Black Pork with Pol Roti, Lunu Miris and Wattaka

Prep Time: 35 minutes
Cook: 1 hour and 30 minutes
Serves: 4

Ingredients

600g diced pork
½ pumpkin or squash (about 500g prepared weight)
2 x red onions
4 x cloves of garlic
Fresh ginger - finely chopped to make 1 tbsp
200g spinach or chard
10g bunch of coriander
1 x lime
400ml full fat coconut milk
50g desiccated coconut
300g basmati or standard long grain rice (not easy cook)
250g plain flour plus extra for rolling out the breads
A big pinch of sugar
1 x tsp cracked black pepper
2 x tbsp curry powder
1 x cinnamon quill
A small handful of finely chopped fresh mint
2 x thinly sliced fresh red chillies
1 x tsp turmeric
2 x tsp curry powder

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Method

1 For the curry:

Fry 1/2 the thinly slice onion in 2 tbsp oil for 10 minutes or until the onion is soft and starting to brown.

Mix the pork with 1 tsp cracked black pepper and 1/2 tsp salt leave to marinate.

2 For the roti:

Mix the flour with 100ml coconut milk, 60ml water, 1/2 the finely chooped onion, 20g desiccated coconut, the coriander and 1/3 tsp salt to a soft dough. Knead for a minute on a floured surface then cover and leave to rest.

3 For the curry:

Add the ginger and 1/2 the garlic to the cooked onions and cook for 1 minute or until soft.

Blend the cooked onion mixture with 2 tbsp of curry powder to a coarse paste (add a splash of water if necessary).

Fry the paste and the pork in 1 tbsp of oil for 5 minutes or until all the water has evapoarted and the pork is beginning to fry in its own fat.

4 For the coconut chutney:

Pour 60ml freshly boiled water from the kettle over the remaining 30g desiccated coconut. Stir in 1/2 the remaining finely chopped onion, a small handful of finely chopped fresh mint, a big pich of salt, a big pinch of sugar and the juice of 1/2 a lime. Leave to one side.

5 For the curry:

Stir in 1 cinnamon quill, 150ml water and 1/2 tsp salt then cover and simmer for 45 minutes or until the sauce is thick and rich and the pork is tender.

6 For the wattaka:

Fry the remianing thinly sliced onion in 2 tbsp of oil for 10 minutes or until melting and soft.

7 For the lunu miris:

Unsing a pestle and mortar (or the end of a rolling pin and a bowl) pound the remaing finely chopped onion and 2 thinly sliced fresh red chillies into a coarse paste. Stir in the juice of the remaining 1/2 lime, 1 tbsp oil and a big pinch of salt then leave to one side.

8 For the wattaka:

Add the remaining garlic and 2 tsp curry powder to the cooked onions and cook for 1 minute.

Stir in the pumpkin, remaining coconut milk and 1/2 tsp salt the cover and simmer for 15 minutes or until the pumpkin just begins to soften.

9 For the roti:

Divide the dough into 4 pieces. Roll out each piece on a lightly floured surface into circles of about 2-3mm thick and 17cm in diameter.

Heat a frying pan (make sure it's hot) then dry fry a roti for 1 minute each side or until just beginning to char slightly and all traces of raw flour have disappeared. Wrap in foil (this is important as it keeps them soft) then repeat with the remaining pieces of dough.

10 For the rice:

Cook the rice with 450ml water, 1 tsp turmeric and 1/2 tsp of salt in a covered pan for 15 minutes or until all the liquid has been absorbed and the rice is cooked through.

11 For the wattaka:

Stir the spinach into the curry the cover and simmer for 5 minutes or until the spinach is fully wilted, the squash has bugun to break down and the sauce is rich and thick.

12 To serve:

Pick the cinnamon quill out of the curry

Serve the curry with the wattaka, roti, rice, lunu miris and coconut chutney on the side.