



Pork in Penang Curry Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon brown sugar to taste
- ☐ 14 ounce coconut milk for several hours canned
- ☐ 5 tablespoons curry paste
- ☐ 2 tablespoons fish sauce to taste
- ☐ 8 kaffir lime leaves fresh cut into fine slivers
- ☐ 1 pound boston butt pork shoulder with the fat and skin left intact cut into 1 1/2 inch cubes
- ☐ 2 tablespoons vegetable oil

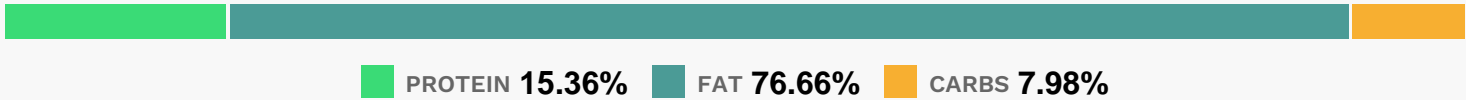
Equipment

☐ frying pan

Directions

- ☐ To form the sauce: Open the can of coconut milk and skim off the top layer of thick cream, about 4 tablespoons worth. Stir the remaining milk to reincorporate the coconut cream.
- ☐ Pour the oil into a large, nonstick lidded pan and set over medium heat. When the oil is hot but not smoking, add the coconut cream and the curry paste. Stir the paste around until it is lightly browned and the oil has separated from the coconut in the cream. You have just cracked the coconut. Now, add 6 lime leaves and stir a few times.
- ☐ Add the rest of the seasonings: the coconut milk, about 1/2 cup of water to thin out the mixture, the fish sauce, and then sugar. You can add more or less water, depending on your preference for the consistency. Stir and bring to a simmer.
- ☐ Add the cubes of pork and gently simmer for 40 to 50 minutes, until the pork is tender and the sauce has reduced by two-third to one-half of its original volume.
- ☐ Garnish with the rest of the kaffir lime leaves.
- ☐ Serve immediately with rice. Leftovers reheat well, simmered gently for a few minutes to re-warm the pork.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:17.848695672077%

Nutrients (% of daily need)

Calories: 419.91kcal (21%), Fat: 36.73g (56.51%), Saturated Fat: 24.26g (151.65%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 5.73g (2.08%), Sugar: 5.94g (6.6%), Cholesterol: 46.35mg (15.45%), Sodium: 774.57mg (33.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.12%), Vitamin A: 2958.36IU (59.17%), Manganese: 0.94mg (46.94%), Vitamin B1: 0.64mg (42.56%), Selenium: 27.39µg (39.13%), Phosphorus: 239.62mg (23.96%), Vitamin B3: 3.92mg (19.6%), Zinc: 2.86mg (19.03%), Vitamin B6: 0.36mg (17.79%), Iron: 3.04mg (16.86%), Copper: 0.34mg (16.8%), Magnesium: 67.08mg (16.77%), Potassium: 524.09mg (14.97%), Vitamin B2: 0.22mg (13.08%), Vitamin K: 12.6µg (12%), Fiber: 2.88g (11.51%), Vitamin B12: 0.62µg (10.4%), Vitamin B5: 0.76mg (7.62%), Vitamin C: 4.95mg (6%), Folate: 23.93µg (5.98%), Calcium: 56.51mg (5.65%), Vitamin E: 0.71mg (4.7%)