

TRB

The Rock Barn
Field - to - Fork

pork sirloin tikka masala march 2016

ingredients

for the pork

1 TRB pork sirloin
1 Tbl. kosher salt
1 c. full fat yogurt
1 Tbl. garam masala
1/2 tsp. cayenne
Juice of half a lemon

for the sauce

2 Tbl butter of ghee
1 tsp. cumin seeds
1 yellow onion, sliced
2 cloves garlic, finely chopped
1 jalapeno pepper, finely chopped
1 tsp. turmeric
1 tsp. salt, or to taste
1 15oz can diced tomato
1 can coconut milk
1.4 c. chopped fresh cilantro

yield

4 servings

accompaniments

2 c. basmati rice
8 pieces of flatbread (see note)
1/4 c. cilantro, chopped
cilantro chutney
lime juice, to taste

method

marinate the pork.

Slice the sirloin into 3/4-inch cubes and season with the salt. Mix the yogurt, garam masala, cayenne, and lemon juice in a bowl. Add the salted pork and stir to combine. Use a spatula to scrape the mixtures into a gallon bag and refrigerate for at least 1 hour (or overnight). Once the pork is done marinating, pull it out of the fridge, discard the marinade, and put it aside to sit at room temperature. Get the rice cooking according to the directions on the package, and soak a few bamboo skewers in water for at least 10 minutes.

roast the pork.

Preheat your oven's broiler on the highest temperature with the oven shelf set in the highest position, directly below the broiler. Skewer the pork. Set the skewers across a cast iron pan so that the meat is elevated and the skewers are resting on the sides of the pan. If you can't quite make it fit, try using a sheet tray with a wire rack. Roast directly under the broiler until nicely browned on all sides, turning every 4 minutes if not sooner. Remove and put aside.

make the sauce.

Heat the ghee or butter over medium-low heat in a heavy bottom saucepan and add the cumin seeds, stirring frequently until very fragrant. Add garlic, jalapeno and onions and cook until the onions lose all their liquid and turn a deep golden brown – 10 or 15 minutes. Take your time; this builds the flavor base of the sauce. Stir in the turmeric, salt, tomato, and coconut milk. Remove the roasted pork from the skewers and add to the sauce. Bring to a simmer and cook for 10 minutes more. Taste and adjust salt as necessary.

plate and serve.

Heat a dry, well-seasoned cast iron pan over medium-low heat. If you're using frozen paratha, cook for 2 minutes before peeking at the bottom. Press with a spoon where it still needs golden brown color. After it's nicely colored, flip and repeat. You may need to adjust heat as you get the feel for your pan. Repeat for each piece. You can do the same with a fresh flatbread; it'll just brown faster. Transfer the pork tikka masala to a serving dish and sprinkle with chopped cilantro. Serve family-style with the basmati rice, toasted flatbread, and sliced lime.

Note: You can find Indian paratha in the frozen food section of a well-stock grocery store or international market. Naan will work as well, and even Mediterranean-style flatbread.