



As with most of our odd recipes there's a story behind this. I found a Yellow Sticker mid-leg Pork cut which was far too big for one meal. But the price was good and we have sharp knives?. Also since putting the shelves up in the kitchen our collection of pulses are now at eye level and Sue thought it was time for us to be a bit creative again. This was the result, probably not in any way traditional but very tasty and filling?..

Red Cabbage Vada

Ingredients:-

- 1 Onion, finely diced
- ½ a cup of Chana Dal
- ½ a cup of Urad Dal
- 4 Tbsp of Water
- ½ of a Red Cabbage, finely chopped
- 2 Red Chillies, sliced
- A good thumb of Ginger, grated
- 3 Tsp of chopped Coriander
- 2 tsp of chopped Curry Leaves
- 2 Cloves of Garlic, minced
- ½ Tsp of Fennel seeds
- ½ Tsp Cumin seeds
- ½ Tsp Black Peppercorns, crushed
- Onion Salt
- Garlic Salt

Oil to fry

Method:-

- (1) Soak the Dal overnight and then drain and dry.
- (2) Add the Dal to a grinder along with the Black Pepper, Fennel seeds, Cumin seeds, Onion & Garlic Salt and add the 4 tbsp of Water.
- (3) Grind to a smooth paste.
- (4) Add all the remaining ingredients and wuzz excluding the chopped Cabbage.
- (5) In a bowl stir in the Cabbage.
- (6) Fry in small batches in hot Oil.
- (7) Drain on kitchen paper before serving.

Dal Gosht

Ingredients:-

400ml of Vegetable Stock
600g of Pork leg, cut into cubes
½ a cup of Chana Dal
½ a cup of Urad Dal
5 Cardamom pods
5 Cloves
½ Tsp Cumin seeds
1 Stick of Cinnamon
1 Bay leaf
10 Peppercorns
1 Tsp of Turmeric
1 Tsp Chilli Powder
1 Tsp Cumin Powder
½ Tsp of Mustard seeds
1 Tsp Coriander powder
½ Tsp Garam Masala

2 Onions, Finely chopped
2 Cloves of Garlic, minced
2 Tomatoes, finely chopped
1 thumb of Ginger, finely sliced
Fresh Coriander, finely chopped
1 Green Chilli, diagonally sliced
2 Tsp of Tomato Puree
Salt and Pepper to season
Oil to fry

Method:-

- (1) Soak the Dal overnight and then drain.
- (2) Fry the Onions until softened, season with Salt & Pepper and set aside.
- (3) Add a little more Oil to the pan and fry the Cardamom Pods, Cloves, Cumin Seeds, Mustard Seeds, Cinnamon, Bay Leaf and Peppercorns.
- (4) Add the cubed Pork and fry until seared.
- (5) Add the Tomato puree and stir until everything is coated.
- (6) Add the Turmeric, Chilli powder, Cumin powder, Coriander powder, Garam Masala and stir well.
- (7) Add the Tomatoes, Ginger and reserved Onions.
- (8) Add the Stock and allow to simmer for 10 minutes.
- (9) Transfer to a pressure cooker and set for 1 hour.
- (10) Simmer the Dal for 20 minutes.
- (11) Open the pressure cooker and add the Dal.
- (12) Cook for a further 30 minutes.
- (13) Serve over the Red Cabbage Vada and garnish with the Green Chilli, and Coriander leaves.

This is certainly a ?Lock-Down? meal for when you have a bit of time to play in the kitchen. But it was also worth the effort. Regardless of the extensive ingredients list it still fit nicely in your budget, we have frozen leftovers!