



bit spicy

Pork Mas

Pork Mas is a Goan recipe, and is typical of this former Portuguese (Catholic) colony in using pork, vinegar and paprika as important ingredients. Traditionally it would be cooked very slowly with the cheap, leftover bony pieces of a pig, but as we have better ways of using up ribs and chops we suggest using neck or rib steaks - the long cooking process allows the fat to break down, leaving the extra-tender meat. This is perfect for a slow-cooker! **serves 4**

- 800g pork shoulder, with any large pieces of fat removed, cut into large chunks
 - 3 tbsp vinegar (coconut, if you can get hold of it)
 - 2 tbsp oil
 - 1 carton [Keralan spice](#)
 - finely chopped fresh chillies (optional - this spice blend is of medium heat)
 - 300ml ['secret sauce'](#)
 - 200ml water
1. Mix the meat with the vinegar and leave to marinate, preferably overnight.
 2. Heat the oil in a casserole, strain the meat and brown all over (keep the vinegar). Remove and set aside.
 3. Turn the heat down and add the spices and optional chillies, frying gently until fragrant. Don't worry if it looks a bit dry.
 4. Add the 'secret sauce', water and remaining vinegar and stir well, then add the meat and bring to the boil.
 5. Simmer on a very low heat or in a slow cooker until the meat is falling apart. If the sauce is looking too thick or dry, add a little extra water.
 6. Serve with rice and some chopped coriander.