

Bombay Pork Skillet

Rose Product used: Pork Chops



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- 4 Rose Boneless Pork Chops,
cut into $\frac{3}{4}$ -inch cubes
- 2 tsp ground cumin
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp ground mace
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{4}$ tsp salt
- 1 tbs vegetable oil
- 2 large onions, chopped
- 3 cloves garlic, crushed
- $\frac{3}{4}$ cup beef broth
- 3 tbs honey
- 2 tbs lemon juice
- 1 cup plain yogurt
- 2 tbs flour
- $\frac{1}{4}$ cup chopped parsley
- 2 tbs chopped cashews for garnish
- 2 tbs chopped Cilantro for garnish

Cooking Directions:

Put cumin, cardamom, cinnamon, coriander, mace, pepper and salt in large plastic bag; shake to blend. Add pork pieces, shake gently to coat pork. Heat oil over medium-high heat in large skillet; cook and stir onions and garlic until tender. Add pork, cook and stir for 2-3 minutes or until browned. Stir in broth, honey and lemon juice, bring to a boil; reduce heat, cover and simmer 10 minutes or until pork is tender. In small bowl stir together yogurt and flour; stir into skillet with parsley. Cook and stir over medium heat, until mixture thickens. Serves four. Spoon pork mixture over hot cooked rice, garnish with chopped cashews and chopped fresh cilantro. Serves 4.

Bombay Pork Skillet (con't)



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Recipe courtesy of the National Pork Board