



Pork Bafat

Pork curry from Mangalore, India

Recipe submission by Darren from
Streatham

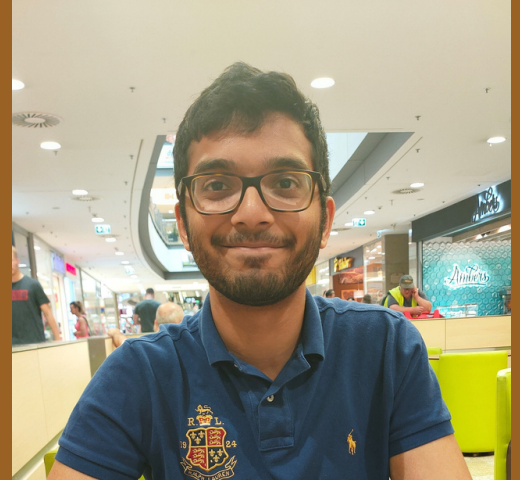


Photo by @theethnicfoodshop

KEY INGREDIENTS & WHERE TO BUY

- Kashmiri Chilli powder
- Cinnamon bark
- Tamarind
- Coriander seeds
- Onions

Bhavins Food:
193-197 Upper
Tooting Rd, London
SW17 7TG

PERSONAL SIGNIFICANCE

"it's a spicy, warm dish that makes you feel good inside and is very hearty. It's filling as well because we usually use the fatty pork belly. You can make it as spicy as you want."

"If you want to make it for dinner, start cooking it right after lunch, because all the flavour soaks in and it tastes twice as good."

Please note you will have to make the bafat powder first before cooking the pork as it is an essential part of the recipe

For the full authentic recipes visit <https://www.curryforthesoul.com/single-post/2017/01/14/all-purpose-bafat-masala-powder> by Eliza Sequeira & <https://flavoursofmykitchen.com/pork-bafat-recipe/> by Anita Rodriguez