



## Joe Da Silva: BHOONI

(GOAN FRIED PORK)

My taste for spicy food developed at an early age, and although I love food from other countries, I miss the spices that are the heart of Goan cooking. I was never taught how to cook. It was when I arrived in Australia in 1968 that I began to cook, mainly out of necessity. I wrote frantic letters to my mother (who was still in India at the time) for her recipes, then tried to make do with the ingredients available here in Perth.

The main flavours in Goan cooking are vinegar, coconut milk and chillies. Goa is situated on the coast, so fish is a staple food. However, pork is a close second. Goan cuisine is not chilli-hot, rather it is the marinating of meats in spices for a day, which gives the finished product its aroma and taste.

The dish I cook that everyone enjoys is *bhooni*, a simple but fiddly dish made from pork strips and very basic ingredients. I cook it every time I have the family over, as it is their favourite. They love it so much that a doggie bag is a must!



**RECIPE** Cut 700g pork rashers\* (skin on) into 3cm pieces. Set aside. Cut 4 potatoes into 3cm cubes and pat dry with paper towel. Heat 500ml vegetable oil over medium heat. Cook potatoes for 8 minutes or until golden brown. Drain on paper towel and set aside. Drain oil, reserving 2 tbs in the pan, and place over medium heat. Add 10 crushed garlic cloves and 3cm-piece grated ginger, and cook over medium heat for 1 minute or until fragrant. Increase heat to high, return pork to pan and stir for 2 minutes or until pork starts to change colour. Add 500ml vegetable stock and ¼ tsp salt, and bring to the boil. Reduce heat to low, partly cover and simmer for 30 minutes or until stock has reduced by half. Add fried potatoes and 1 thinly sliced onion. Cook for 4 minutes or until onion starts to soften. Stir in 2 tbs brown sugar and 12 chopped spring onions. Cook, uncovered, over low heat, stirring occasionally, for 5 minutes or until heated through. Stir in the leaves and the finely chopped stems of 1 bunch of coriander. Serve with rice and dhal. Serves 4.

\*Pork rashers are thin strips of pork belly. Available from supermarkets and butchers. ©