

Curried Pork with Butternut Squash

Prep Time: 30 minutes **Cook Time:** 2 Hours **Total Time:** 2.5 Hours **Servings:** 8

Ingredients

2 lb Boneless Pork Shoulder trimmed, cut into 3/4-inch cubes
1 Medium Onion cut into 1/2-inch dice
3 Cups Butternut Squash seeded, peeled and cut into 1/2-inch dice
1 Banana mashed
1 Tbsp Minced Ginger
Salt and Pepper
2 Tbsp masala of your choice (I use MDH brand Meat Masala)
3 Tbsp olive oil
1/2 a cake of Jaggery or 3 Tbsp Brown Sugar
2 Cups Chicken Stock
1 15-ounce tin of Coconut Milk
2 Tbsp Cornstarch dissolved in 3 Tbsp Water (or enough to thicken to desired consistency)
Diced Mango for garnish
Steamed rice to serve

Instructions

Season the pork with salt and pepper and brown it in batches. When the last batch of pork is browned add the chopped onions and sauté about 4 minutes.

Add the masala, the mashed banana and the ginger and sauté until fragrant and moistened throughout.

Add the rest of the browned pork, the stock, the coconut milk, and the jaggery or sugar. Simmer on stove or bake in low oven until almost tender – about 1.5 hours.

Add the diced squash and cornstarch and water and simmer until squash is tender, about 20

minutes.

The actual cooking time varies depending on the size of the pork and squash dice.

Serve with steamed rice and garnish with mangos.