

THE OLIVE AND THE GRAPE

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Vindaloo

4-5 tbsp of vindaloo powder
(depending on level of flavor desired)
1 lb. of 1 in. cubes of your choice of meat
1 tsp. sea salt
2 cups of frozen potatoes or veggie combo
or 2 cups of sautéed, potatoes or veggie combo*
3 tbsp. white wine vinegar
3 tbsp. ghee or olive oil
1 cup chopped onion
¾ cup water
½ cup yogurt (optional)
fresh cilantro



Notes:

*Following an Alton Brown tip, we used a frozen carrot, cauliflower and broccoli product that can be microwaved in the unopened bag. In 2-2½ minutes on high, they cook a little less than half and stay crisp, cutting the final prep time down.

Traditionally yogurt is not in vindaloo, but for a creamer version or to bring the spicy heat down, this can be a useful addition. Add during the last 5 minutes of simmering if using.

Directions:

Convert vindaloo powder into paste. In a large skillet, heat 2 tbsp. ghee or oil over medium/high heat. If sautéing veggies, sauté and set aside. If using frozen, pop in microwave for 2-2½ minutes. Next, brown your choice of meat on all sides and strain in a colander and set aside. Lower heat to medium, add remaining ghee or oil, sautéed onions and stir. Next add veggies, vinegar and vindaloo paste and mix together thoroughly. Cook for 2-3 minutes stirring occasionally. Reduce heat to low and stir in browned meat, sea salt and water. Cover and simmer for 15-20 minutes, stirring occasionally. Remove cover and taste; adjust seasoning as desired (for more flavor, sprinkle in some vindaloo powder, if too spicy, you may want to consider adding some yogurt). Simmer uncover for 5 minutes.

Serving Suggestions:

Over rice with chopped cilantro and pita, tortilla, chapati or naan bread.

Servings: 4