

Delectable Cuisines!!!

Posted on



Roast, broil, grill... so many different ways to prepare a dish of meat while marinating and adding some seasoning would definitely elevate the taste and add variance to the dishes. Depending on individual preferences and cultural norms many tantalising dishes have come into being and many have filtered their way to the isle of Sri Lanka from other countries. These recipes are two such palatable cuisines made out of pork that will surely entice many a palate.

Words Krishani Peiris Photographs Menaka Aravinda

Ginger pork Chops

Pork chop is a cut of pork that is cut perpendicularly and is usually served as an individual portion. Roasting, grilling or frying are the main methods of preparing pork chops while there is the option of either preparing it with the bone or without the bone. Many believe that bone-in pork chops taste better when compared to boneless, deeming that the bones help to retain the moisture within the meat making it more succulent.

The following recipe is a much beloved dish by many as it combines the tender chewiness of the pork chops with the zest of ginger and orange to render a very unique flavouring. Also the chilli paste will add that extra bit of spiciness to tantalise the palate. Not stopping there, the dish when combined with a salad will enhance the nutritional value.

“Using orange juice and the zest of the orange complements the pork chops very well giving it a slight twist,” said Kolu commenting on his recipe’s fruitful addition.

Ingredients

½ cup orange juice

2 tbsp soy sauce

2 tbsp fresh ginger root, minced

2 tbsp orange zest, grated

1 tsp garlic, minced

1 tsp chilli paste

½ tsp salt

6 pork loin chops, ½ inch thick

Method

In a shallow container, mix together orange juice, soy sauce, ginger, orange zest, garlic, chilli paste and salt. Add pork chops and turn to coat evenly. Cover, and refrigerate for at least two hours or overnight. Turn the pork chops in the marinade occasionally.

Preheat grill for high heat, and lightly oil the grate. Grill pork chops for five to six minutes per side, or to the desired doneness.

Black Thai Pork

Thai cuisine is known throughout the world for its scrumptious dishes that blend in many elements of Southeast Asian cuisines. The flavourings, especially the spiciness that surround the dishes is deemed as a much beloved mark of Thai food.

Like many of the Thai cuisines that emphasise balance, detail and variety, the following recipe also encompasses all these characteristics that Thai dishes hold dear. With a variety of ingredients used to enhance the flavour of the dish, Black Thai Pork is bound to become a favourite among many who enjoy meat dishes.

“The name Black Thai Pork comes because of the molasses and some of the other ingredients used, as they turn the gravy dark, making it look almost black,” said Koluu commenting on the name of the recipe.

Ingredients

- 4 boneless pork chops
- 1 cup salsa or picante sauce
- ½ cup peanut butter
- 2 tbsp soy sauce
- 2 tbsp balsamic vinegar
- 1 tbsp molasses
- 1 tbsp water
- 1 tsp chilli powder
- ½ tsp ground ginger
- ½ tsp garlic

½ tsp salt

¼ tsp pepper

1 tbsp vegetable oil

1 tbsp sesame seed, toasted if desired

2 tbsp green onions, thinly sliced

3 cups cooked cellophane noodles or rice

Method

For sauce, in a medium saucepan combine salsa, peanut butter, soy sauce, vinegar, molasses and water. Bring to boiling, stirring often. Keep warm.

Cut the pork chops into stir fry strips. Meanwhile, in a plastic or paper bag combine chilli powder, ginger, garlic, salt and pepper. Add pork strips and shake until the pork is coated with the spice mixture. In a large skillet, heat the vegetable oil over medium-high heat, cook and stir pork strips for two to three minutes or until thoroughly cooked.

Spoon the sauce onto individual plates. Arrange the pork strips on top of sauce. Sprinkle with sesame seed, then top with green onions. Serve with noodles or rice.

Pork products in Sri Lanka are really good. Especially the loin chops and the shoulder chops are excellent. The two pork recipes give two different textures and using orange and molasses gives a slight twist that tingles the taste buds.

[nggallery id=256]