

## INGREDIENTS:

1 Kilo of lean, cubed pork  
3 garlic cloves  
1 inch piece of peeled root ginger  
1 tablespoon cooking oil,  
3 or 4 sprigs of thyme  
Good pinch of sugar  
500ml coconut milk  
1 onion  
1 chicken or vegetable stock capsule  
Sea salt, freshly-ground black pepper  
Freshly-grated nutmeg

**TIME:** 1 Hour

**SERVING:** 4 people



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Chop the onion and garlic and grate the ginger. Transfer to a large bowl, add the thyme, salt and pepper and a few gratings of nutmeg, add the pork, turn well to coat and leave to marinate in the fridge for 30 minutes. Heat the oil in a casserole, add the pork and brown well on all sides. Add the coconut milk, stock capsule and sugar, mix well and simmer very gently on a low heat for an hour. Check the seasoning and serve.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: