



Tender sweet and sour pork served with a bed of fresh pineapple salsa brings all the flavors of Asia and East Africa in one harmonious dish.

Ingredients

For the marinade

½ a kg of pork

A large pinch of salt

1 tablespoon of maize flour

For the sauce

1 tablespoon of worcestershire sauce

3 tablespoons of sugar

¼tsp bicarbonate of soda

2 clove of garlic, finely diced

Fresh pineapple minced/3 large passion fruits

5 tablespoons of apple cider vinegar

2 teaspoons of tomato paste

2 large tomatoes, pureed

For the pineapple salsa

1/4 ripe pineapple, cubed

1/4 teaspoon of cayenne pepper

Fresh coriander, finely chopped

1/2 red onion, finely chopped

Method

Chop up your pork. Put it in a dish and add all the marinade ingredients. Mix all of them in and let this marinate for 6-18 hours. I let mine marinate overnight.

Once that is done, put this to boil with all the contents of the marinate together with 1 cup of water of beef stock.

While that is going you can prepare the pineapple salsa. Chop up everything and put in a bowl. Mix it all up and allow it to sit for a while. This allows all the juices to seep out and for everything to blend well. Set it aside.

After the pork had boiled and become tender, remove from the heat and set aside.

For the sauce, add all the ingredients in a frying pan together with a cup of water. Let this simmer for 15-20 minutes. Then add the pork and let this simmer for about 7-10 minutes.

Remove from heat and serve with the pineapple salsa.



SERVE WITH: chapati, ugali or rice
