



Moroccan-Style Pork

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: **8**
PREPARATION: **20 MINUTES**
COOKING:
4 HRS OVEN
6 HRS SLOW COOKER

INGREDIENTS

- About 1.5 kg (3.3 lbs) pork fillets
 - 1 can canned coconut milk
 - 250 ml (1 cup) water
 - 4 garlic cloves, pressed or minced
 - 15 ml (1 tbsp) Dijon mustard
 - 5 ml (1 tsp) onion powder
 - 5 ml (1 tsp) turmeric powder
 - 5 ml (1 tsp) ground cinnamon
 - 2.5 ml (1/2 tsp) ground ginger
 - 1 ml (1/4 tsp) mustard powder
 - 2 pinches ground cloves
 - 5 ml (1 tsp) salt
 - Pepper, to taste
 - 140g (1 cup) raisins
 - 65 ml to 125 ml (1/4 to 1/2 cup) cilantro, chopped
- Optional (to thicken sauce)
- 30 ml (2 tbsp) tapioca starch, diluted in the same amount of water



This blend of spices diffuses a delightful aroma.

PREPARATION

1. Slice fillets into 1-inch medallions.
2. In a large bowl, combine all ingredients. Pour into a casserole dish and cover (for baking) or in the slow cooker (if using).
3. Bake: Bake on the centre rack of the preheated oven at 300 °F for about 4 hours or until the medallions are tender.
4. Slow cooker: Cover and cook for low temperature for about 6 hours or until medallions are tender.
5. Optional, for a creamy sauce: after taking out of the oven, transfer the broth to a small saucepan. Add the tapioca starch mixture and bring to a boil, stirring constantly with a whisk until thickened. Pour over the medallions.