

Fish and Aubergines in Coconut Gravy Recipe

(Nyonya Coconut Gravy Recipe)

Ingredients: Serves 6

150 ml (5 fl oz) cooking oil milk, extracted, using muslin cloth, from 350 g grated coconut and 800 ml water

2 long aubergines (eggplant), cut into 2.5-cm (1-inch) lengths, quartered then soaked in water and drained before use

500 g (1 lb) Spanish mackerel, cut into 4 pieces

2 teaspoons salt

pinch of seasoning powder

Finely ground paste:

20 dried chilies, soaked in water and drained

2 red chilies

20 shallots, peeled

4 candlenuts

3.5 cm (1½ inch) mature fresh turmeric, peeled

1 cm (½ inch) galangal, peeled

2 stalks lemon grass, sliced (use only the bottom tender inner part)

2 teaspoons crushed dried shrimp paste (belachan)

Method:

Heat the cooking oil and fry finely ground paste until fragrant. Stir in the coconut milk and bring to a slow boil, stirring occasionally. Add the aubergines and cook 3-4 minutes. Add fish and season with salt and seasoning powder. Simmer for 8-10 minutes until cooked. Serve hot with rice.

Note: Any meaty fish, such as a black pomfret, is suitable for this dish.

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