

Fish in Spicy Coconut Sauce Recipe

Ingredients: Serves 4

500g white-fleshed fish fillets, such as snapper,
barramundi or ocean perch
3 tablespoons vegetable oil
1 teaspoon brown or black mustard seeds
½ teaspoon fenugreek seeds
5 dried red chilies
500g yellow (brown) onions, about 3 medium,
halved and thinly sliced
2 tablespoons grated fresh ginger
2 tablespoons crushed garlic
36 fresh curry leaves
3 teaspoons ground turmeric
2-4 tablespoons chili powder
2 tomatoes, unpeeled, coarsely chopped
1½ cups (375ml) coconut cream
1 teaspoon tamarind concentrate
salt to taste
juice of ½ lemon
steamed basmati rice to serve

Method:

Remove skin from fish fillets then cut fish into ¾-inch x 2-inch pieces. Set aside. In a karhai or wok, heat oil over low heat. Add mustard seeds and cook until seeds crackle, about 30 seconds. Add fenugreek seeds and chilies and cook, stirring, until seeds turn light golden brown and chilies are deep golden brown, about 30 seconds. Add onions and cook, stirring, until slightly softened, about 1 minute. Add ginger and garlic and cook, stirring for 1 minute. Add curry leaves, turmeric and chili powder and cook, stirring for 30 seconds. Add tomatoes and cook until tomatoes are slightly soft, about 3 minutes. Stir in coconut cream and tamarind and season with salt. Stir in fish pieces and simmer, covered, until fish is just cooked through, about 5 minutes. Stir in lemon juice. Serve immediately with rice.

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