

Goan Fish Curry Recipe

Ingredients: Serves 4-6

1-1½ cups dried red chilies broken into small pieces
⅓ cup coriander seeds
¼ cup cumin seeds
¾ cup (180ml) white vinegar
1 tablespoon finely grated fresh ginger
1 tablespoon crushed garlic
2 teaspoons ground turmeric
½ cup vegetable oil and melted unsalted butter combined
500g yellow (brown) onions, about 3 medium, halved and sliced
2 large tomatoes, unpeeled, quartered
2 fresh green chilies, slit lengthwise
2½ cups (625ml) coconut milk
salt to taste
1kg white-fleshed fish fillets such as snapper, ling,
cod or ocean perch
steamed basmati rice to serve

Method:

In a spice grinder, grind dried chilies, coriander seeds and cumin seeds to a powder. Place in a bowl and combine with vinegar, ginger, garlic and turmeric to form a paste. Set aside. In a large karhai or wok, heat oil and butter mixture over medium-low heat. Add onions and cook, uncovered, stirring often, until soft, about 10 minutes. Add spice paste and cook, stirring, until fragrant, about 3 minutes. Add tomatoes, green chilies and coconut milk and cook, uncovered, stirring often, until tomatoes soften, about 5 minutes. Season with salt. If fish fillets are large, cut into serving-sized pieces. Add fish to sauce and cook, uncovered, until fish flakes when tested with a fork, about 5 minutes. Serve hot with steamed rice.

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