

Lobster Coconut Curry Recipe (mochha chingri maachher molai curry)

Ingredients:

2 medium raw lobsters, each about 400 g
2 teaspoons ground turmeric
1 teaspoon salt
150 g onions, peeled and roughly chopped
4 tablespoons vegetable or coconut oil
100 g potatoes, peeled and cut into wedges
1 tablespoon ghee or butter
2 bay leaves
2 cloves
5cm cassia bark or cinnamon stick
2 green cardamom pods
2 teaspoon green chili paste*
1½ teaspoon ginger-garlic paste
1 teaspoon sugar
400 ml coconut milk

Method:

Split the lobsters in two lengthways, clean and smear with the turmeric and ½ teaspoon salt. Process the onions in a blender or food processor to a paste. Heat the oil in a deep sauté pan. Add the lobsters and sauté lightly for 2 minutes or until the shells color; remove and set aside. Add the potatoes to the pan and sauté for a few minutes until golden. Remove and set aside. Heat the ghee or butter in a saucepan and sauté the bay leaves, cloves, cassia or cinnamon and cardamom pods for 1-2 minutes. Add the onion paste and cook for 3-4 minutes until lightly cooked and fragrant. Add the chili and ginger-garlic pastes and sauté for a further 2 minutes until the masala is well cooked, adding a little water from time to time to keep it moist. Add the potatoes with ½ teaspoon salt and the sugar. Pour in half the coconut milk and bring to a simmer. Add the lobster and simmer for 10 minutes. Add the rest of the coconut milk and simmer for a further 5-10 minutes until the lobster and potatoes are cooked. Serve with steamed rice.

***Green Chili Paste:**

Deseed green chilies and remove all white pith, then whiz to a paste in a blender or mini-processor with a little water and vegetable oil. Refrigerate and use within 3 - 5 days.