

Prawns in Coconut Tamarind Sauce Recipe

Ingredients: Serves 4

1 tablespoon coriander seeds
2-6 dried red chilies, torn into small pieces
½ teaspoon black peppercorns
4 tablespoons sunflower or vegetable oil
½ teaspoon black mustard seeds
6 fenugreek seeds
1 large onion, finely chopped
2.5cm piece root ginger, grated
4-5 garlic cloves, crushed
1-3 green chilies, chopped (seeded if wished)
450g cooked and peeled tiger prawns (thawed and drained if frozen)
1 teaspoon salt
125ml canned coconut milk
10-12 fresh curry leaves
1 tablespoon tamarind juice or 1½ tablespoons lime juice
boiled basmati rice, to serve

Method:

Grind the coriander seeds, red chilies and peppercorns in a coffee grinder until fine. Heat the oil over a medium heat and add the mustard seeds. Immediately follow with the fenugreek seeds and the onion, ginger, garlic and green chilies. Fry until the onions are a light golden color (10-12 minutes), stirring regularly. Add the ground ingredients and sauté for 1-2 minutes, then add the prawns and the salt. Add the coconut milk to the prawns. Add the curry leaves and simmer gently, uncovered, for 5-6 minutes. Stir in the tamarind or lime juice and remove from the heat. Serve with boiled basmati rice.

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