

South Indian Fish Curry with Tamarind rice

- 500g Fish, can be a mix of salmon and white fish, diced and skin on
- Large raw king prawns, 2 per person (optional)
- 4 tomatoes
- 1/2 tbsp brown sugar
- 2 tbsp ghee
- 1 onion, diced
- 2 large garlic cloves
- 3" chunk of ginger, peeled
- 2 red chillies
- 1 tbsp. black mustard seeds
- 1 tbsp. coriander powder
- 1 tbsp. cumin powder
- 1 tsp. turmeric powder
- 1 tsp. fenugreek powder
- 15 curry leaves
- 2 bay leaves
- 4 cloves
- 5 green cardamoms, seeds only
- 3 baby yellow peppers, sliced
- 3 red Padron peppers, sliced (you could just use half a large red and yellow pepper)
- 400ml coconut milk
- 1 fish stock cube
- 1 limes
- 1/2 tbsp. garam masala
- Salt & Pepper

Chop your tomatoes and sprinkle with the sugar. Set aside.

Heat the ghee until melted, then add in the onions. On a medium heat cook until soft, but not browned. You can pop a lid on to keep them soft. Once soft add these to a blender along with the garlic, ginger, 1 red chilli and blitz into a paste.

Re-heat the remaining ghee in the onion pan and add the mustard seeds, they will start popping straight away, so after about 20 seconds add the following spice powders: coriander, cumin, turmeric, and fenugreek. Then the curry leaves, bay leaves, cloves, and cardamom seeds. Next add the other red chilli whole and stir well, cook for 2 minutes.

Stir in the peppers then add the onion paste from earlier. Cook this for 2 to 3 minutes. Keep stirring the pan as it might stick and turn the heat down if it does. Pour in the coconut milk and crumble in the stock cube. Pour in a little water into the hand blender to get all the onion paste juices, and the rest into the coconut milk can, shake it around, then pour into the pan. Season with salt and pepper.

Add in the sugared tomatoes and all their juices and squeeze in the juice of the lime.

Place the fish into the pan and cover with the curry juice. Let this simmer for 4 to 5 minutes then add the prawns. Cover and simmer for around 10 minutes, until the fish and prawns are cooked.

Once cooked, sprinkle in the garam masala stirring very carefully so you do not break up the fish. Serve up with lime wedges.