

Indian Monk Fish Curry



Recipe By Jaxters

Ref: 842

Heading: Mains

Cuisine: Indian

Food Type: Seafood

No of Portions: 4

Ingredients & Prep

800 g Monk cut into 1cm slices
2 Red onion blitzed in a food processor
1 tbsp Fresh Ginger finely grated
1 tbsp Fresh garlic finely grated
1 tsp Black mustard seeds
20 Fresh curry leaves
4 tbsp Groundnut or veg oil

Sauce/Curry

400 ml Full fat coconut milk
200 ml Tomato passata
200 ml Water
150 g Fresh Tomato chopped
1 tbsp Tamarind paste
1 tbsp Tomato puree
2 Green chillies chopped
2 tsp Brown sugar
1 tsp Salt

Spice Mix

2 tbsp Paprika
2 tsp Ground coriander
2 tsp Ground cumin
1 tsp Ground turmeric
1 tsp Chilli powder
1/2 tsp Ground fenugreek powder
2 pinch Ground clove powder
50 ml Water

Suggestion & Tips

For best results use cumin & coriander seeds then dry fry in a pan until a little smoke comes off then grind to a powder. You can keep a few curry leave back for garnishing.

Method

Step 1 - Place all the sauce/curry ingredients into a food processor or liquidiser & blitz to a smooth sauce & set aside.

Step 2 - Add oil to a larger frying pan or wok (best) over a med heat, when hot add the curry leave & stir fry for 30 seconds then remove with a slotted spoon & set aside, next add the mustard seeds & fry for 30 seconds then add onion & stir fry for 8 minutes.

Step 3 - Next add garlic & ginger & stir fry for 1 minute.

Step 4 - Next add the sauce & stir & fast simmer for 12 to 20 minutes stirring often to reduce to a double cream consistency.

Step 5 - Place all the spice ingredients into a bowl with the water mix into a paste & add to the curry sauce & mix in, continue cooking for a further 5 minutes, longer if still too loose.

Step 6 - Add fish slices & cooked curry leaves, stir in carefully & cook fish for 3 to 5 minutes until cooked, remove from the heat & serve.