

# goan fish curry

winter



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EST. 1981. SYDNEY FISH MARKETS PYRMONT

# Goan fish curry

Serves 4

4 cardamom pods	1/2 teaspoon ground turmeric
1 teaspoon coriander seeds	pinch of freshly grated nutmeg
2 teaspoons mustard seeds	4 cloves
2 tablespoons shredded coconut	2 tablespoons tamarind puree
60 ml (1/4 cup) olive oil	6 curry leaves
1 large onion, chopped	2 cinnamon sticks
2 garlic gloves, finely chopped	800 ml (28 fl oz) coconut milk
3 small green chillies, deseeded and finely chopped	600 g (1 lb 5 oz ) Ling fillets cut into strips
1 tablespoon grated fresh ginger	12 large prawns (uncooked), peeled and deveined
	coriander (cilantro) leaves, for garnish

## Fish substitution

Flounder, silver bream, blue-eye cod

Lightly crush the cardamom pods until the pods split, then remove the seeds from the pods and put in a small frying pan with the coriander seeds. Dry-fry until fragrant and the seeds begin to jump. Remove from the heat and tip into a mortar and pestle or spice grinder. Grind the seeds to a powder.

Tip the mustard seeds into the frying pan with the coconut and toast together until the seeds begin to pop and the coconut turns light golden. Remove from the heat and set aside.

Heat the oil in a saucepan and add the onion. Cook for 4-5 minutes, or until it is starting to soften. Add the garlic, chilli, ginger, turmeric and nutmeg and cook for a further minute. Tip in the ground spices, the toasted coconut and mustard seeds, the cloves, tamarind, curry leaves, cinnamon sticks and coconut milk. Stir well and heat to just below boiling point, then reduce the heat and simmer, uncovered, for 10 minutes, or until slightly thickened. Add the strips of fish and the prawns and poach for 5 minutes, until the fish is opaque and the prawns are pale pink. Garnish with coriander leaves.

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