Malay Fish Curry

A hot fish curry that is easy to prepare. The addition of mango powder gives a wonderful citrus edge to the hotness of the curry. The heat of the curry can of course be adjusted to your taste.

Serves : 4
Preparation Time : 10 minutes
Cooking Time : 25 minutes

Ingredients

1lb / 450g firm white fish, cut into 2 inch pieces
2 medium onions, finely chopped
1 clove garlic. minced
1 inch piece of fresh ginger root, finely chopped
juice of 1/2 lemon
2 oz / 50 g creamed coconut block
2 medium tomatoes, chopped
1/2 red pepper cut into fine strips
6 tbsp vegetable oil
salt to taste

Herbs & Spices

2 tsp Coriander Ground
1 tsp Cumin Ground
1/2 tsp Fenugreek Ground
1/2 tsp or to taste Chilli Ground
1 tbsp Mango Powder
1/2 tsp Turmeric
1/2 tsp Cardamom Ground
4 inches Cassia or 4 inches Cinnamon Sticks

Cooking Instructions

Heat oil in a heavy based pan and fry onion, garlic and ginger over a medium heat until the onion is soft.

Add the coriander, cumin, fenugreek, chilli, cardamom and turmeric and fry for 2 mins, stirring to prevent sticking.

Add 14 fl oz / 400 ml water, the chopped tomatoes, lemon juice, the creamed coconut along with the cassia or cinnamon stick. Bring to a boil, then simmer for 15 mins uncovered until the sauce starts to thicken. Season to taste with salt.

Add the fish to the sauce along with the red pepper. Cover and simmer gently for 5 mins to cook the fish. Add extra water if the sauce gets too thick.

Add the mango powder (Amchoor powder) and stir through very gently without breaking up the fish. Simmer for a further minute to allow the flavour to infuse through the sauce.

Serve with boiled rice and green salad