

Miele

Goan fish curry

By Miele

10 minutes

Preparation Time

25-30 minutes

Cooking Time

8

Serves



INGREDIENTS

400 g (2 cups) basmati rice
500 ml (2 cups) water
50 g ghee
2 brown onions, thinly sliced
1 tbsp salt flakes
1 bunch coriander, root and stems chopped, leaves reserved
185 g homemade or store bought Goan curry paste
300 ml coconut water
330 ml coconut cream
2 green chillies, halved and deseeded
1 tsp fish sauce
8 x 125g white fish fillets

Goan curry paste

4 dried chillies, Kashmiri is preferred, seeds removed
155 g (1 $\frac{3}{4}$ cups) desiccated coconut
2 tbsp tamarind paste
5 cm piece ginger (25 g), grated
4 garlic cloves, grated (approximately 1 tbsp)
 $\frac{1}{2}$ large onion, thinly sliced
 $\frac{1}{4}$ tsp ground turmeric
 $\frac{1}{4}$ tsp ground cumin
 $\frac{1}{4}$ tsp Black Pepper
1 tsp ground coriander Seeds

To serve

Cucumber oil, for garnish, optional
Coconut sambal, optional

METHOD

1. Place the rice and water into an unperforated steam container. Place into the steam oven and Steam at 100°C for 15 minutes.
2. Heat a deep frying pan on medium-high heat, induction setting 7. Melt the ghee and add the sliced onions. Cook the onions until softened and starting to caramelize, add the salt.
3. Once caramelised, add the coriander stems and root and cook for 1 minute.
4. Add the curry paste and cook for 3-4 minutes, or until fragrant and the paste begins to split. Reduce the heat to medium, induction setting 5.
5. Add the coconut water, stir gently until combined, then bring to the boil on high heat, induction setting 8. Follow with the coconut cream and return to a boil.
6. Add the chillies and season with the fish sauce. Remove from the heat and set aside.
7. Once the rice is cooked, leave inside the steam oven. Add the fish fillets to the curry sauce, and stir carefully to coat the fish.
8. Place the fish onto a perforated steam container and place into the steam oven. Steam at 95°C for 5 minutes.

Goan curry paste

1. Blend or process all ingredients, except the water, until very smooth. Add a little bit of extra water to get the ingredients blending smoothly if needed.
2. Paste can be made a few days before to allow the flavour to develop.

To serve

1. Spoon rice into bowls, top with a fish fillet and a few spoonful's of the curry sauce.
2. Add a few drops of cucumber oil and some coriander leaves, if desired.

Hints and tips

- Various fish varieties can be used for this recipe, such as rockling, barramundi, snapper, flathead, blue warehou or monkfish.
- Curry sauce can be made and frozen for up to 3 months.