



Indian fish curry

Being an island, fish whether it is seer, thalapath, or modha and even seafood such as prawns and lobster are available in abundance to sri lankans who love a spiced up seafood dish to add flavour to their steamed rice. These recipes are two ways of making your taste buds tingle with the savour of fresh seafood.

Indian Inspired Fish Curry

Recipe

500g boneless, skinless fish fillets

1 tbsp vegetable oil

1 onion, chopped

1 tsp grated fresh ginger
2 cloves garlic, finely minced
2 fully ripe tomatoes
1 tsp garam masala or roasted curry powder
1/4 tsp chilli powder
1/2 tsp salt
Freshly ground black pepper
1 cup coconut milk
1/4 cup water
1-2 fresh chilli peppers, cut in half lengthwise

Method

Wash the fish, pat until it is very dry and cut the fish into two inch pieces. Heat a medium sized saucepan over medium heat and swirl in the oil. When the oil is heated, add the onion, ginger and garlic. Turn the heat to medium-low and let the aromatics cook slowly. Sauté until very fragrant for about five minutes. Take care not to let it burn. Add the tomatoes and sauté for another three minutes, stirring frequently. Use a spoon and smash the tomatoes to break them up. Add the garam masala, chilli powder, salt and pepper. Stir to combine and cook for two minutes. Turn the heat to medium-high. Pour in the coconut milk and the water. When the mixture comes to a good boil, add in the fish and cook for four minutes or so, until the fish is cooked thoroughly.

Fish curry is a major component of a typically Sri Lankan meal led by rice and is a favourite among the islanders as a delicious as well as nutritious accompaniment to a host of main dishes. Local Seer, Modha or any white fish is ideal for this dish and a hint of garam masala, an Indian condiment powder, will bring out the Indian flavour in this dish. "Garam masala is readily available and its inclusion will make this an authentically Indian dish, but adding roasted curry powder in place will also bring out a unique taste to it," advised Koluu.

Spicy Prawn Curry

Recipe

1 small stick cinnamon

1/2 tsp fenugreek seeds

Sprig of fresh curry leaves

1 stem fresh lemon grass, bruised

or 2 strips lemon rind

1 strip rampe leaf

1/2 tsp ground turmeric

1-2 tsp chilli powder

1 tsp salt or to taste

2 cups thick coconut milk

Lime or lemon juice to taste

Method

Wash prawns and remove the heads, but leave rest with shells intact. Carefully draw out the vein. Put all ingredients, except the prawns and lime juice into a saucepan. Stir in one cup of water and bring slowly to simmering point. Simmer uncovered for five minutes. Add prawns and lime juice and stir. Simmer for a further five minutes. Add more salt and lime juice if necessary and serve with boiled rice.

Spicy food is loved by most and the spices blended in this curry will give the prawns a delicious twist.

Even though the heads of the prawns should be removed along with the veins Kolu believes that leaving the skins will give it added flavour. "There are varying types of prawns ranging from small to king prawns.

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Spicy Seafood Delights!