

Miele

Goan fish curry

By Miele

10 minutes

Preparation time

25-35 minutes

Cooking time

8

Serves



INGREDIENTS

2 cups basmati rice
50g ghee
2 brown onions, sliced
1 tbs salt flakes
1 bunch coriander, root and stems
chopped, leaves reserved
185g Goan cuisine yellow curry paste
300ml coconut water
330ml coconut cream
2 green chillies, halved and deseeded
1 tsp fish sauce
8 x 125g white fish fillets

To serve

Cucumber oil, for garnish
Coconut sambal, optional

METHOD

1. Place the rice into an unperforated steam container and add 500ml of water. 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 into the steam oven and Steam at 95°C for 5 minutes.

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.

Hints and tips

- Various fish varieties can be used for this recipe, such as rockling, barramundi, snapper, flathead, blue warehou or monkfish.
- Yellow curry (also known as Xec Xec) is a traditionally made Goan curry paste made with turmeric, purchased from speciality supermarkets and grocers.
- Curry sauce can be made and frozen for up to 3 months.