

GOAN FISH CURRY

Recipe by Hardeep Singh Kohli



 Serves 3–4 depending on the size of the fish.

Ingredients

- 1 whole Sea Bass
- 1 medium red onion
- 2 green chillis (split)
- 1 chopped tomato
- ½ tsp coriander powder
- 1 sprig curry leaves
- ½ tsp mustard seeds
- 200ml coconut milk
- ½ tsp tamarind juice
- 2 pinch red chilli powder
- 10ml oil

A good pinch of freshly ground black pepper

To Garnish

A medium tomato, deseeded, skinned and chopped.

An inch and a half of root ginger, julienned.

A couple of spring onions, sliced diagonally and lightly fried in very hot oil.

- 1 Heat oil in a frying pan, add mustard seeds and curry leaves. Let the mustard seeds pop and the curry leaves sizzle, thereby flavouring the oil.
- 2 Add the chopped onion, green chilli, ginger and tomato; sauté well. Keep the ingredients moving in the pan. The onions should colour but make sure the garlic does not catch and burn.
- 3 Add turmeric powder, red chilli powder, black pepper and coriander powder and fry them until they are incorporated into the masala. There is nothing worse than raw spices in a curry!
- 4 Add the coconut milk and tamarind juice. Work these into the masala. Keep everything moving to ensure even cooking. Once you have an unctuous looking sauce leave it to come to the boil. When it starts boiling add the whole fish and cover the pan and turn the heat down to a gentle simmer.
- 5 Cooking fish is an art and not science. You have to feel the fish and judge how it is cooking. Broadly speaking I'd suggest you turn the fish after 5 minutes and cook for a further 5 minutes. Turn the heat out and let the fish rest in the masala, covered, for a further few minutes. Again, after a couple of minutes resting, turn the fish over in the masala. (If you use fillets reduce the cooking times by half.)
- 6 Garnish with the julienne of ginger, the chopped tomato and the fried spring onions.

Serve with a wedge of lime and love!

Every year in Scotland we throw away around £1 billion worth of food, costing the average household £38a month.

Using the freezer more can help save time, money and effort so here are a few top tips for using the freezer – remember it's just a colder cupboard!



Freezer

Top Tips

Cook batches of dishes such as chilli, curry or stew and freeze them in handy portion sizes for a stress-free dinner at a later date.

When cooking, save time by doubling up on family favourites such as lasagne, bolognese sauces and curries; eat one for dinner and freeze one for later.

Successful freezing

Label containers and bags with their contents and the date that you freeze them. Seal well and exclude air to prevent freezer burn.

Keep a freezer list; note down items as you put them in the freezer and cross them off as you take them out.

There are lots of ways to save space in your freezer. Use the smallest possible containers, freeze liquids in bags (freeze them flat first) and remove any unnecessary packaging.

Did you know?

Most foods can be frozen; from tomatoes to cooked leftovers. On pre-packed food, look for the snowflake logo.

To extend life of food beyond its 'use by' or 'best before' date, freeze it before the date, defrost and use within 24 hours.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com or find us at [facebook.com/lovefoodhatewastescotland](https://www.facebook.com/lovefoodhatewastescotland)

