



GOAN FISH CURRY WITH COCONUT BANANA'S AND RAITA **BY WARREN ELWIN**

RAITA

INGREDIENTS:

- 1 Small cucumber
- 1 cup good yoghurt
- Small bunch of fresh coriander, chopped
- 1/2 tsp sea salt
- ½ lemon zested and juiced
- Small bunch of fresh coriander, chopped

METHOD:

Cut the cucumber lengthways, scrape the seeds out and grate.
Add cucumber to the yoghurt, sprinkle with salt and squeeze in the lemon juice
Roughly chop the coriander and mix everything through the yoghurt, chill till ready to serve.

COCONUT BANANA'S

INGREDIENTS:

- 2-3 Bananas
- Freshly grated coconut
- 1-2 Lemons, juiced

METHOD:

Grate coconut into a bowl.
Peel and slice bananas on the bias into wedges.
Zest and juice lemon into a bowl, dip the banana pieces into in lemon juice and roll in coconut.

FLUFFY FRAGRANT RICE



INGREDIENTS:

- 1 cup Basmati or jasmine Rice
- 1 tsp. salt
- 1 tsp. sesame oil or olive oil
- 1 large cup boiling water
- 2-3 kaffir leaves

METHOD:

Heat oil in a saucepan with a tight-fitting lid.

Add rice, salt and kaffir, and stir to heat through.

Carefully add boiling water to rice, stirring until it simmers down a little, add the lid and simmer lightly until the water is almost gone, turn the heat off and tie a tea towel over the lid, the rice will continue to absorb and cook through from the trapped heat.

Set aside to do its thing until you're ready to serve.

SPICE MIX

INGREDIENTS:

- 1 tsp. cumin seeds
- 1 Tbsp. coriander seeds
- 1 tsp. cardamom seeds
- 3-5 cardamom pods
- 1 piece cinnamon bark, broken up
- 2-3 tsp. Kashmiri dried chili (its mild and bright red)
- 1 tsp. black peppercorns
- 2 tsp. mustard seeds

METHOD:

In a dry pan over a medium heat, toast the hard spices until they're lightly coloured and fragrant.

Cool slightly, then grind into a powder using a spice grinder or mortar and pestle.

Store spice mix in an airtight container.

FRESH CURRY PASTE

INGREDIENTS:



- 1 large piece of fresh ginger, grated
- 1 piece fresh turmeric, grated
- 3-7 fresh green chilies, chopped (heat dependent)
- 3-5 cloves garlic, chopped
- a handful of curry leaves
- 1 bunch fresh coriander stems
- 1 Tbsp. tamarind pulp (or tamarind chutney)
- Zest and juice 1 lemon
- 1 cup grated coconut
- ¼ - ½ cup coconut milk

METHOD:

Add all ingredients to a food processor and blitz, pour in coconut milk and continue to blend till it forms a smooth paste.

GOAN FISH CURRY

INGREDIENTS:

- 1 large onion, finely chopped
- 1 coloured capsicum, finely chopped
- 1 stick celery, finely chopped
- *The curry paste
- *2-3 Tbsp. spice mix
- 3-4 tomatoes diced
- 3-5 Kaffir lime leaves
- 1 piece lemongrass root smashed to release flavor
- 1 ½ - 2 cups fish stock
- 1 x 425 ml can coconut milk
- Sea salt
- 1 lemon
- 400g FISH (kahawai, Hapuka or monkfish) cut into even chunks
- A bunch of green beans (or similar), finely sliced

METHOD:

In a wok on high heat sweat onion, celery and capsicum in a little oil, till soft.

Remove from the wok, add the curry paste in, stir while on the heat to cook out the moisture until it begins to colour then add the spice mix and cook into the paste.

Add the tomatoes and cook to reduce and breakdown into a pulp.



Add the kaffir leaves and lemongrass root along with fish stock, stir through and pour in coconut milk.
Allow to simmer for 5min or until thickened, taste and add more stock accordingly.
Reduce until you reach a gravy like sauce.
Season to taste with a little sea salt, and lemon juice.
Remove from heat, cover with a cartouche (baking paper circle), and rest until ready to serve.

To serve, gently reheat curry sauce, and add the finely sliced green beans. Submerge fish into the sauce and simmer until it is just cooked through roughly 5-7 minutes.

Spoon into a dish or plate, sprinkle with chopped coriander and serve with rice, coconut bananas and raita.

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