



Campaigning for people to "Season with Sense"



GARY MACLEAN'S GOAN SEAFOOD CURRY

 **Prep: 20 minutes**

 **Cook: 15 minutes**

 **Serves: 4**

INGREDIENTS:

- ½ tsp Coriander seeds (dry roasted and ground)
- ½ tsp Cumin seeds (dry roasted and ground)
- Pinch Cayenne pepper
- ¼ tbsp Paprika
- ¼ tsp Turmeric
- 1 Shallot, finely diced
- 1 clove Garlic, chopped

- 15g Ginger, finely chopped
- 300g Mussels
- 50ml Chicken stock
- ½ can Coconut milk
- 50ml Double cream
- ¼ tbsp Tamarind paste
- ¼ tsp **LoSalt**
- 100g Monkfish
- 100g Salmon
- 50g Seabream fillet
- 4 King prawns

Coconut Rice

- 300g Thai jasmine-scented white rice
- 150ml Coconut milk
- 300ml Water
- ½ tsp **LoSalt**
- 1 Lime, zested
- ½ Bunch Coriander, shredded

METHOD:

1. Toast the spices in a dry pan.
2. In a sauté pan add a teaspoon of oil and start to sweat off shallots, without colouring.
3. Now add garlic and ginger and sweat for a further minute then add the toasted spices.
4. Next add the mussels and the stock, place on the lid and steam mussels until shells open.
5. Remove mussels from pan, allow to cool then take meat out of shells.
6. Next pop the liquid into a pan and boil until the cooking liquor is reduced by half then add coconut milk, double cream and tamarind paste and reduce until thickened, add LoSalt to season.
7. You should now have a stunning sauce, in which we can poach our fish.

8. It is important to add the fish in the order of its cooking time so the bigger, thicker pieces of fish need to be added first. For this mix of fish the order is as follows; monkfish, salmon, bream, prawns and the mussel meat at the last moment. Poach until all fish is cooked. Double check the seasoning and serve.

Coconut Rice

1. Pre heat your oven to 140°C / Gas mark 1.
2. Place the rice, coconut milk, water and LoSalt in the pot and pop on the stove over medium-high to high heat. Stir occasionally to keep rice from sticking to the bottom of the pot and burning.
3. Turn off the heat and put on a tight-fitting lid and place into the oven for 17 minutes.
4. Remove from the oven and carefully take off the lid. Fluff up with a fork and then add the lime zest and the shredded coriander.