

CHEERS

tops!



COCONUT KINGKLIP CURRY WITH CARDAMOM & CURRY LEAVES

This delicious fish curry is mild and incredibly fragrant. Curry leaves and cardamom are my secret weapons here – they create all the magic. There simply isn't a substitute for fresh curry leaves in my opinion, so if you can't find them in a shop, ask around if anyone has a tree at home. **SERVES 4**

INGREDIENTS

30 ml (2 Tbsp) vegetable oil (I use canola)
2 onions, finely chopped
45 ml (3 Tbsp) finely grated/chopped fresh ginger
3 cloves garlic, finely grated/chopped
20 fresh curry leaves
30 ml (2 Tbsp) mild curry powder or roasted garam masala
seeds from 6–8 cardamom pods, pounded with a pestle and mortar and husks removed
15 ml (1 Tbsp) ground fennel (barishap)
10 ml (2 tsp) ground coriander
5 ml (1 tsp) ground turmeric
2.5 ml (½ tsp) chilli flakes (optional)
30 ml (2 Tbsp) tomato paste
1 × 400 g can chopped tomatoes
1 × 400 ml can coconut cream
salt and freshly ground black pepper, to taste
800 g–1 kg skinless boneless kingklip (or any firm white fish) fillets, cut into bite-size cubes
cooked jasmine or basmati rice, for serving
fresh coriander, for garnishing
flaked almonds and/or black sesame seeds, for garnishing

METHOD

Heat the oil in a pot over medium heat and fry the onions until translucent (not brown). Add the ginger, garlic and curry leaves, and fry for 1 minute. Add the curry powder, cardamom, fennel, coriander, turmeric and chilli, then fry for another minute. The bottom of the pot will become quite dry at this point. Add the tomato paste and canned tomatoes and stir well. Pour in the coconut cream, stir and bring to a simmer, turning down the heat. Simmer for about 5 minutes, still stirring, then season well with salt and pepper. Add the fish cubes, stirring gently to cover them in sauce. Cover the pot and simmer for 10 minutes over low heat. Remove from the heat and serve in bowls with freshly cooked rice, all garnished with coriander leaves, flaked almonds and/or sesame seeds.

NOTES Order fresh or frozen fish such as kingklip via greenfish.co.za or the Abalobi app (depending on availability), and it will be delivered straight to your door. The husks of cardamom pods should be removed before serving as they are not pleasant to bite into. Curry leaves are not related to curry powder – they're green leaves from the South Indian curry tree, with a distinctive lemongrass-like flavour.