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Goan Fish Curry

Serves 2-3

Ingredients

For the spice paste/masala

- 2 tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- 2 - 3 cloves garlic
- 1 tbsp chopped fresh ginger (approx a 1in/2.5cm piece)
- ¼ tsp salt
- ½ tsp cayenne pepper
- ½ tsp paprika
- ½ tsp turmeric

For curry

- 1 tbsp vegetable oil
- 2 green chilis
- 1 onion
- 1 tomato
- 500g Haddock, Monkfish or Cod (Skinless & Boneless)
- 2 tsp tamarind concentrate
- 1 cup coconut milk 240ml

Method

1. Warm a small frying pan over a medium heat and toast the whole spices (coriander, cumin and mustard seeds) for a couple minutes until fragrant. The mustard seeds may start to pop which is a sign to stop.
2. Roughly chop the garlic and ginger and crush with the salt to a relatively smooth paste. Add the toasted spices and crush. Add the remaining powdered spices and mix to a relatively smooth paste.
3. Finely dice the chilis and onion. Dice the tomato. Warm the oil in a medium-large shallow pan over a medium heat.
4. Cook the onion in the oil for a few minutes until it has softened. Add the spice paste and stir through. Cook for a minute or two then add the tomato and chili and let the liquid almost disappear (a minute).
5. Cut the fish into large bite-sized chunks.
6. Add the tamarind and coconut milk to the pan, mix through. then put the fish chunks in and cook until cooked through, a couple mins.
7. Serve over rice.

[View the original recipe by Caroline's Cooking](#)

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