

## Coconut Kerala Kingfish Curry

Adapted from “Meen Molee” in *Indian Essence* by Atul Kochar (Quadrille, 2004), p40



### *Ingredients*

- 4 Kingfish steaks, each about 150g
- 1 tsp salt
- 1½ tsp ground turmeric
- 2 tbsp coconut or vegetable oil
- 2 medium onions, finely sliced
- 6 green chillies, slit lengthways
- 3 garlic cloves, sliced into thin strips
- 30 curry leaves
- 2½ cm root ginger, shredded
- 400 ml coconut milk
- 2 tbsp lime juice
- fresh coriander sprigs to garnish



### *Method*

1. Mix ½ tsp salt with 1 tsp turmeric and gently rub into the fish steaks.
  2. Heat the oil in a wide pan.
  3. Add the onions, chillies, ginger and garlic. Sauté for a few minutes.
  4. Add the curry leaves and keep cooking until the onion is translucent.
  5. Take out half of the curry leaves and set aside for the garnish.
  6. Add the rest of the turmeric and salt to the pan, pour in the coconut milk and heat through.
  7. Add the fish steaks and simmer very gently for 3-4 minutes until just cooked.
  8. Pour on the lime juice and serve immediately, garnished with the reserved curry leaves and coriander.
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