

Monkfish and Prawn Curry

Make the sauce first – this will keep in the fridge for five days and then simply cook to order by warming up a large ladle of sauce per person with some large chunks of raw monkfish and some raw tiger prawns. Serve with rings of rice, watercress salad freshly baked bread and butter.

Curry Sauce – 4 portions

3 chillis deseeded and finely chopped
3 large garlic cloves – crushed
10g fresh ginger – finely chopped

1 medium white onion – finely chopped

COOK IN OLIVE OIL UNTIL GOLDEN


Then add:

$\frac{3}{4}$ tbs turmeric powder
2 good pinches garam massala powder

COOK OUT FOR TEN MINUTES

Then add:

6 Tomatoes – skinned, deseeded and chopped

 **TIP** - (you can skin whole tomatoes by immersing in boiling water for 10 minutes)

COOK OUT FOR TEN MORE MINUTES

Then add:

Juice $\frac{1}{2}$ lime
1 tbs light soy sauce
Pinch sugar
30ml fish sauce
1 tin coconut milk

COOK OUT FOR TEN MORE MINUTES

Set aside until you are ready to cook with fish and serve.

Ready to Cook and Serve – Allow 6 minutes

1. Place a large ladle of sauce per serving into a frying pan and heat
2. Add fish and cook 2-3 minutes on each side
3. Serve



Tried and tested by the Onecall Hospitality tasting team.

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