

Typ: Fisch

Quelle: Mary Berry: Cooks the perfect, S. 76

Bemerkungen: I have used a mixture of fish for this easy-to-cook, fragrant curry. Monkfish keeps its shape well and complements the slightly softer texture of cod loin. Serve with basmati rice and poppadums.

März 26: Eine Mischung aus Kabeljau, Lachs und Frutti di mare aus der Tiefkühltruhe. Gail: Könnte auch mit Hühnerbrust gehen, müsste dann aber länger kochen.

Zutaten

- 2 fresh, medium-hot green chillies
- 2 tbsp sunflower oil (Alternativ: Butterschmalz)
- 1 onion, halved lengthways and thinly sliced
- 3 garlic cloves, finely chopped
- 2 tsp finely chopped fresh root ginger
- 1½ tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- ¼ tsp turmeric
- 1 tsp black mustard seeds
- 2 tsp plain flour
- 400 mL can coconut milk
- 150 mL vegetable stock
- 2 tsp mango chutney
- 2 tbsp lime juice
- salt and freshly ground black pepper
- 400 g monkfish
- 300 g skinned cod loin
- 115 g fine green beans, stern ends trimmed
- 2 tbsp roughly chopped fresh coriander, to garnish

Rezept:

1. Deseed and finely shred the chillies. Heat the oil in a large, deep-sided, non-stick frying pan or saute pan. Add the onion and fry over a medium-high heat for 5-6 minutes or until it starts to brown, reducing the heat if it browns too quickly.
2. Add the garlic, ginger, and half the shredded chillies to the pan and fry for a further 2 minutes. Reduce the heat slightly and sprinkle in the garam masala, ground coriander, cumin, turmeric, and mustard seeds. Fry for 1 minute, then stir in the flour and cook for a further minute.
3. Pour in the coconut milk and then the stock. Increase the heat and bring to the boil, stirring. Let the liquid bubble for a couple of minutes while you continue to stir, to thicken the sauce slightly. Reduce the heat and stir in the mango chutney and lime juice. Season with salt and pepper.
4. Remove the membrane from the monkfish and chop the monkfish and cod into chunky cubes, about 5 cm. Drop the beans into a pan of salted, boiling water and simmer for 4-5 minutes or until tender. Drain well, refresh in cold water for a few seconds, to keep the colour, and drain again.
5. Add the monkfish and cod to the curry sauce. Cover the pan and simmer gently for 4-5

minutes or until the fish is just cooked. Gently stir the beans into the curry and remove the pan from the heat. Before serving, scatter over the chopped coriander and remaining shredded chillies.

KEYS TO PERFECTION

1. For the flavour of chilli without too much heat, remove the seeds. Slice the chilli in half lengthways with a small, sharp knife. Using the tip of the knife, scrape out the seeds and membrane and discard. To shred, flatten each chilli half and slice it lengthways into thin strips. When working with chillies, keep your hands away from your eyes, which the chilli will burn, and wash your hands well afterwards; you may like to wear latex or rubber gloves to be on the safe side.

2. Frying the spices briefly before adding the liquid prevents them from tasting raw and draws out their flavours, adding depth to the finished dish. However, you need to be careful not to let them burn. Reduce the heat to medium before adding the dry spices to the pan, and stir continuously as they fry.

3. I stir a little flour into the sauce before the coconut milk goes in. It's not traditional, but I find it helps to stabilize the sauce and stop it from separating. You don't want the sauce to be too thick, so only a little flour is required.

4. Slowly pour in the coconut milk and then the stock, stirring all the time to make a smooth sauce and prevent any lumps from forming. After the sauce has thickened slightly, add the mango chutney, lime juice, and salt and pepper.