

Monkfish and King Prawn Curry

This has to be one of our all-time favourite curries. The combination of fruity tamarind, creamy coconut milk, fragrant spices, tangy tomatoes and aromatic coriander is heavenly. The meaty texture of the monkfish is ideal, as are the king prawns, all holding together perfectly and delivering the most satisfyingly luxurious flavours and texture.

The recipe is adapted from a Jo Pratt dish.

DETAILS

- Prep Time: 15 minutes
- Cook Time: 1 hour
- Total Time: 1 hour, 15 minutes
- Serves: 6

INGREDIENTS

- 600g monkfish fillet, cut into 4 cm pieces
- 400g raw peeled king prawns
- 2 tbsp light olive oil
- 2 white onions, thinly sliced
- 1 tbsp coriander seeds
- 1 tsp fenugreek seeds
- 1 tsp cumin seeds
- 3 cloves garlic
- thumb-size piece of fresh ginger, peeled and roughly chopped
- 1-2 red chillis, seeds in (use one or two according to how hot you like your curry)
- 400g tin of chopped tomatoes
- 2 tbsp tamarind paste
- 12 fresh curry leaves
- 1 tbsp palm sugar (or soft light brown sugar)
- 1 tbsp fish sauce
- 1 tin coconut milk
- toasted coconut flakes and chopped fresh coriander to serve

METHOD

Start by making the sauce. Heat the oil in a large, wide based saucepan and slowly cook the onions until softened, about 10 minutes.

Add the coriander seeds, fenugreek and cumin seeds to a small dry frying pan and heat, tossing regularly, until they become fragrant. Tip into the bowl of a food processor along with the chilli, garlic and ginger, and blend until finely chopped. Add the tinned tomatoes and blend again until you have a thick pulp.

Pour the tomato pulp into the saucepan with the onions and add the tamarind, curry leaves, sugar and fish sauce. Give everything a good stir before bringing to a simmer. Cook for 5 minutes then tip in the coconut milk. Simmer for 45 minutes, stirring occasionally, until thickened.

The sauce can now be left and re-heated when needed. Stir in the monkfish and prawns and heat through for a further 10 minutes until the fish is just cooked.

Serve with steamed basmati or jasmine rice and scatter over the fresh coriander leaves and toasted coconut.

