

SRI LANKAN SEAFOOD CURRY

Prep + cook time: 1 hour 45 minutes **Serves:** 10

Ingredients

1.75kg (3½ pounds) firm white fish fillets	¼ cup fresh curry leaves	1 fresh long green chilli, seeded, chopped finely
1kg (2 pounds) uncooked large king prawns (shrimp)	750g (1½ pounds) ripe tomatoes, chopped	2 teaspoons tamarind concentrate
3 fresh long green chillies	1½ cups (375ml) chicken or fish stock	1 teaspoon brown sugar
2 large onions (600g), chopped coarsely	2 cups (500ml) coconut cream	2 tablespoons fresh coriander (cilantro) leaves
6 cloves garlic, chopped coarsely	1 tablespoon fish sauce	½ cup (25g) coconut flakes, toasted
4cm (1½-inch) piece fresh ginger (20g), chopped coarsely	1½ teaspoons caster (superfine) sugar	coconut rice
2 tablespoons olive oil	tomato sambal	800ml canned coconut milk
1 tablespoon ground cumin	3 medium ripe tomatoes (450g), cut into 1cm (½-inch) pieces	2 ² / ₃ cups (680ml) water
3 teaspoons ground turmeric	1 small red onion (100g), chopped finely	4 cups (800g) basmati rice

1. Cut fish into 6cm (2½-inch) pieces. Shell and de-vein prawns, leaving tails intact. Cover seafood, separately; refrigerate until required.
2. Remove seeds from half the chillies, then chop all chillies coarsely. Process chilli, onion, garlic and ginger until chopped finely.
3. Heat oil in a large heavy-based saucepan over medium heat; cook onion mixture, stirring, for 7 minutes or until softened. Reduce heat to low, add cumin, turmeric and curry leaves; cook, stirring, for 5 minutes. Increase heat to high, add tomatoes and stock; bring to the boil. Reduce heat; simmer for 15 minutes. Add coconut cream; simmer for a further 10 minutes or until vegetables are tender and flavours are developed. Add fish sauce and sugar; season.
4. Meanwhile, make tomato sambal and coconut rice.
5. Add fish to curry sauce; simmer for 2 minutes. Add prawns; simmer for a further 3 minutes or until prawns and fish are just cooked through.

6. Top curry with extra curry leaves; serve with tomato sambal and coconut rice.

TOMATO SAMBAL Combine all ingredients except coconut in a medium bowl. Season. Cover; refrigerate until required. Just before serving, stir in coconut.

COCONUT RICE Bring coconut milk and the water to the boil in a large saucepan over medium heat. Add rice, return just to the boil, then cover with a tight-fitting lid. Reduce heat to lowest setting; cook for 16 minutes or until rice is tender and liquid absorbed. Remove from heat; stand, covered, for 10 minutes. Fluff rice with a fork.

Tips

You will need thick skinless, boneless fish fillets, such as blue-eye trevalla, ling or snapper. Curry sauce can be made to the end of step 3, up to 2 days ahead; cover and refrigerate.

