Fish Head Curry Recipe
(Singaporean Recipe)

Ingredients: Serves 6-8

1 large fish head, about 1½ kg (3 lb)
few thick slices of ginger for boiling with fish to remove fishiness
4 tablespoons oil
2 large onions, peeled and chopped
4 cloves of garlic, peeled and chopped
1 thumb-sized length of ginger, chopped
1 cup fish curry powder, made into a paste with water
2 cups coconut milk, thinned down with 2 cups water
4 tablespoons assam (tamarind) paste mixed with 2 cups of water, strained
1 tablespoon salt
1 tablespoon sugar
2 sprigs curry leaves
10 okra
4 tomatoes, cut into halves
4-5 red and green chilies (leave whole)
Sprigs of mint leaves (remove stems), to garnish

Method:
Rub fish head with salt, then boiled it for about 5 minutes in hot boiling water with a few slices of ginger to rid it of fishiness and scum. Remove and drained. Heat oil in a large wok and soften onions, garlic and ginger. Add curry paste and curry leaves and brown over a low fire until oil rises to the surface and paste is fragrant. Sprinkle a little water if the paste is in danger of burning. Add the coconut milk, a little at a time, then the assam water, salt, sugar (all to taste). Bring to the boil, stirring all the time. Add whole fish head to the wok, together with chilies, tomatoes and okra. Simmer over low fire for another 15 minutes or until fish is cooked. Garnish with mint leaves and serve hot with steamed white rice.

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