

Herbal Fish Curry Recipe

Ingredients: Serves 4

500g tuna/mackerel/snapper
1 liter coconut milk from 1 coconut
1 stalk lemon grass, bruised (use only the bottom white tender part)
2 ginger flower, but into 2-4 pieces (if available)
1-2 slices asam gelugur or 1-2 tablespoons tamarind juice
salt to taste
25g basil leaves

Spices (ground):

75-100g red chilies
6 shallots
2 teaspoons chopped turmeric
2 teaspoons chopped ginger
½ tablespoon galangal

Method:

Clean fish and scrape the skin to remove scales. Rinse the fish under cold water, then cut off the fins and gills. Cut into 2-3 pieces depending on the size. Wash and drain. Boil the coconut milk with ground spices, lemon grass, ginger buds, asam gelugur and salt. Add fish and basil leaves. Allow to simmer until cooked. Stir frequently to prevent coconut milk from curdling. Fish can be replaced with shrimps or squid. If you are using squid, combine with spices and lemon grass and cook in a closed pan until the excess water has been absorbed. Add other ingredients and green beans.

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