

Sour Fish Head Curry Recipe

Ingredients:

4-cm knob fresh turmeric, skinned
2 stalks lemon grass, use only the bottom white tender part (cut into small pieces)
2-cm knob galangal, skinned and cut into thin pieces
25 dried chilies, soaked in water
5 fresh red chilies, seeded
200 g shallots, peeled
2 cloves garlic, peeled
½ tablespoon shrimp paste (belachan)
5 candlenuts (buah keras)
125 ml water
3 tablespoons cooking oil
1.5 liters water
20 g tamarind pieces (assam keping)
1 teaspoons salt or to taste
½ tablespoon castor sugar
3 stalks lemon grass, bruised
300 g okra or aubergines or a mix of both, cut
4 tomatoes, halved
10 g daun kesum (polygonum minus)
1 fish head, about 1 kg, remove scales and cut into pieces or halved
1 ginger flower (bunga kantan) remove stalk and use only the flower

Method:

Place fresh turmeric, 2 stalks lemon grass, galangal, dried chilies, fresh red chilies, shallots, garlic, shrimp paste and candlenuts into a blender with 125 ml water and process until smooth. Heat oil and fry the blended ingredients until fragrant and oil separates. Add in the water, tamarind pieces, salt, sugar and bruised lemon grass. Boil for about 10 minutes. Add in the vegetables, ginger flower (cut into half) and daun kesum. Boil until half cooked. Add in the fish head and boil until the fish is cooked.

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