



Macchli & jhinga
Fish & Prawn

Goan Macchli

Goan Fish Curry

300 g (10 oz) haddock fillets
(or any firm white sustainable
fish), skin removed and cut
into 6-cm (2½-inch) pieces
or equal-sized portions
2 small dried red chillies
3 tablespoons oil, plus extra for
shallow frying
1 red onion, very finely sliced
2–3 garlic cloves, crushed
a 2.5-cm (1-inch) piece of
fresh ginger, grated
4 ripe tomatoes, peeled and
chopped
2 teaspoons tamarind paste
1 x 400 ml (14 fl oz) tin
coconut milk
100 ml (3½ fl oz) water
1–2 green chillies, left whole
and pierced
1 teaspoon malt vinegar
salt and freshly ground black
pepper

TO FINISH

a squeeze of lime
2–3 tablespoons freshly
chopped coriander leaves

FROM THE SPICE BOX

WHOLE SPICES

2 teaspoons (4 spice spoons)
coriander seeds
½ teaspoon (1 spice spoon)
cumin seeds

GROUND SPICES

½ teaspoon (1 spice spoon)
turmeric, plus a pinch for
rubbing into the fish
½ teaspoon (1 spice spoon)
garam masala

SERVES 2

Place the fish on a plate, sprinkle with a little salt and rub in a pinch of turmeric from the ground spices and set aside.

Dry roast the coriander and cumin seeds from the whole spices and the dried red chillies in a hot frying pan for about 2–3 minutes, until the seeds turn light brown. Transfer to a pestle and mortar and grind to a fine powder.

Heat some oil for shallow frying in a frying pan over medium heat and fry the fish for 2–3 minutes or until lightly golden, turning once, taking care not to break the fish. Leave to drain on kitchen paper.

In a saucepan, heat the oil over medium heat and add the onion, garlic and ginger. When soft and lightly browned, add the dry roast spice mixture and the ground spices and cook for 1 minute.

Add the tomatoes and cook for 2–3 minutes or until the mixture reduces to a thick pulp. Add the tamarind purée, coconut milk, water and green chillies and simmer for 5–6 minutes adding a little more water if necessary to keep the sauce from getting too thick.

Gently slide in the fish and malt vinegar and cook for 4–5 minutes. Finish with a squeeze of lime juice and the chopped fresh coriander.

Quote?



Safath Macchli Thaal Kay

Pan-fried Haddock

1 tablespoon lemon juice
600 g (1 lb 3 oz) skinless
haddock fillet (or any firm
white fish), cut into large
pieces
5 tablespoons oil
2 red onions, chopped
a 2.5-cm (1-inch) piece of
fresh ginger, grated
2 garlic cloves, crushed
6 tablespoons natural yogurt
75 g unsalted roasted cashew
nuts
2 green chillies, deseeded
¼ teaspoon salt
400 ml (13 fl oz) water

TO FINISH

2 tablespoons freshly chopped
coriander leaves
¼ teaspoon freshly ground
black pepper
1 teaspoon lime juice

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon)
mustard seeds
½ teaspoon (1 spice spoon)
cumin seeds
1 bay leaf

GROUND SPICES

½ teaspoon (1 spice spoon)
turmeric
½ teaspoon (1 spice spoon)
ginger
1 teaspoon (2 spice spoons)
coriander

SERVES 4

Put the lemon juice in a small bowl with the turmeric from the ground spices and mix to a paste. Rub this gently over the fish and set aside for 10 minutes to marinate. Wash the fish gently under a running tap to remove any fish odours and drain and pat dry with kitchen paper.

Heat 3 tablespoons of the oil in a shallow frying pan over medium heat and fry the fish fillets on both sides until golden **<about how long?>**. Remove with a slotted spoon and set aside.

Add the onions to the hot pan and fry for 4 minutes, or until translucent. Add in the ginger and garlic and fry for 1 minute with regular stirring.

Put the fried onion mixture, yogurt, cashew nuts, green chilli, salt and all the ground spices in a food processor or blender. Blitz, adding the water gradually, for about 2 minutes

Heat the remaining oil in a shallow frying pan over medium heat. When hot, add the mustard seeds from the whole spices. When the seeds begin to pop, add the rest of the cumin seeds and fry for 30 seconds.

Pour the blended mixture into the hot pan and bring the mixture to the boil stirring regularly. Lower the heat and cook for 2–3 minutes.

Gently, slide the fillets into the sauce taking care not to break them. Cover and simmer for 5 minutes. Finish with a sprinkle of coriander leaves, some freshly ground black pepper and a drizzle of lime juice.

Serves with rice and peas and lime wedges.

Even if you're not a lover of fish, this is an incredibly light dish and just fantastic!



Tandoori Macchli

Tandoori Fish

600 g (1 lb 3 oz) firm white sustainable fish fillets (cod loin), washed
3 teaspoons lemon juice
2 tablespoons oil
2 tablespoons Greek yogurt
5 garlic cloves, roughly chopped
a 2.5-cm (1-inch) piece of fresh ginger, roughly chopped
2 fresh green chillies, deseeded and chopped
1 tablespoon freshly chopped coriander leaves
1 teaspoon paprika
½ teaspoon freshly ground black pepper
1 tablespoon melted butter, for basting
salt

TO FINISH

1 red onion, sliced into rings
lime wedges
Mint and Yogurt Chutney (see page 000)

FROM YOUR SPICE BOX

GROUND SPICES
a pinch (¼ spice spoon) turmeric
1 teaspoon (2 spice spoons) coriander
¼ teaspoon (½ spice spoon) garam masala
1 teaspoon (2 spice spoons) mango powder

SERVES 4

Drizzle the fish with a little lemon juice and some salt and set aside for about 5–7 minutes.

Put all the remaining ingredients, except the black pepper and melted butter, with all the ground spices in a food processor or blender and blitz to a smooth paste.

Place the fish in a shallow dish and pour over the yogurt mixture. Turn to make sure the fish is evenly coated. Cover and set aside to marinate for at least 20 minutes (but no longer than 2–3 hours).

Preheat the grill to a high setting. Cover the grill tray with greased foil and place the fish on this. Sprinkle with black pepper and grill for about 3–4 minutes on each side or until golden brown. Baste with melted butter halfway through the cooking time before turning over.

Serve hot with onion rings, lime wedges, rice and the chutney.

Variations:

- This can also be cooked on a hot barbecue – just dot the fish all over with butter, wrap in a foil parcel and cook for 6–8 minutes.
- Make a change to the Mint and Yogurt Chutney, by substituting the mint for coriander to make a tangy fresh coriander chutney.

Quote?



Royallu Vepudu

Ginger King Prawns

500 g (1 lb) raw king prawns, fresh or frozen, peeled and deveined, tails left on
a 4-cm (1½-inch) piece of fresh ginger
4 garlic cloves
juice of 1 small lemon
4 teaspoons honey
3 tablespoons oil
2 onions, finely chopped
1–2 green chillies, left whole and pierced
salt and freshly ground black pepper
lemon and lime wedges, to serve

FROM YOUR SPICE BOX

WHOLE SPICE

10 curry leaves

GROUND SPICES

½ teaspoon (1 spice spoon)
chilli

¼ teaspoon (½ spice spoon)
turmeric

½ teaspoon (1 spice spoon)
coriander

½ teaspoon (½ spice spoon)
cumin

½ teaspoon (1 spice spoon)
garam masala

SERVES 4

Defrost the prawns if necessary, place them in a shallow dish and set aside until needed.

Put the ginger, garlic, lemon juice, honey, some salt and pepper and all the ground spices, except the garam masala in a food processor or blender and blitz to a smooth paste.

Pour the paste onto the prawns, turn to make sure they are all well coated and set aside for 30 minutes to marinate.

Heat the oil in a shallow saucepan and add the sliced onions, green chillies and curry leaves **<are they all added here or are some reserved to use as a garnish?>** from the whole spices. Fry for about 3–5 minutes until brown.

Add the prawns and the garam masala and cook for for 5 minutes (if using cooked king prawns, just fry for 2–3 minutes). Serve immediately with lemon and lime wedges.

Quote?



Maha Shinga

King Prawns in a Creamy Sauce

200 ml (7 fl oz) single cream
4 tablespoons tomato purée
½ teaspoon granulated sugar
3 tablespoons lemon juice
1 small green chilli, finely chopped
3 tablespoons oil
1 tablespoon butter
3 garlic cloves, crushed
200 g (7 oz) raw king prawns, peeled and deveined
salt
fresh coriander leaves, to finish

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
2 cardamoms, pods removed and seeds crushed
½ teaspoon (1 spice spoon) mustard seeds
10 curry leaves

GROUND SPICES

½ teaspoon (1 spice spoon) chilli
1 teaspoon (2 spice spoon) garam masala

SERVES 4

Dry roast the cumin seeds from the whole spices in a hot frying pan for 1 minute or until dark brown. Transfer to a pestle and mortar and grind the seeds to a fine powder. Set aside.

Put the cream, tomato purée, sugar, lemon juice, green chilli, ground roasted cumin seeds, crushed cardamom seeds, all the ground spices and some salt in a bowl and mix together. Set aside.

Heat the oil and butter in a shallow frying pan over high heat. When hot, add the mustard seeds from the whole spices. When the seeds begin to pop, add the curry leaves.

Lower the heat to medium, add the garlic and fry for 30 seconds, stirring all the time. Add the prawns and fry on both sides for 2–3 minutes, being careful not to over-fry as this can make them rubbery.

Pour the sauce into the pan and then cover and simmer for 3 minutes. Finish with a sprinkling of coriander leaves and serve with rice.

This is one of the fastest recipes we know! You can make it even quicker by using already cooked prawns and reducing the cooking time to just warm the prawns through.

