



South Indian Prawn Curry



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Serves 4

INGREDIENTS:

16mls rapeseed oil	2 tbsp rapeseed oil
1 tsp cumin seeds	1 tsp mustard seeds
80g onions, finely chopped	10g curry leaves
1 tbsp ginger paste	280ml water
1 tbsp garlic paste	160mls coconut milk
1 tsp chilli paste	330g king prawns, defrosted
200g tinned plum tomatoes, blended	1 tbsp fenugreek leaves, crushed
1 tsp chilli powder	1 tsp garam masala
1 tsp turmeric	1 tsp Ajwan carom
1 tsp ground cumin	2 ½ tbsps. coriander, chopped
1 tsp salt	1 tbsp desiccated coconut
30g butter, melted	

METHOD:

1. Heat mustard oil in a pan, with cumin seeds for 2 minutes, then add onions, cook until golden brown, around 8 minutes, then add ginger/garlic and chilli paste and cook out for a further 2 minutes.
2. Add the tomatoes and cook for 2 minutes, then remove from the heat and blend until smooth.
3. Return pan to the heat, add chilli powder, turmeric, ground cumin and salt, cook out for 10 minutes, then add the clarified butter.
4. In a separate pan, heat the oil and sizzle the mustard seeds until popping, then add the curry leaves and cook for 1 minute. Add this to the masala sauce.
5. Add the water to the masala sauce, cook on a high heat for 3 minutes, then add the coconut milk for 2 minutes.
6. Add the prawns and cook for 4 minutes, then add fenugreek leaves, garam masala, carom seeds and fresh coriander. Cook for 1 minute, then serve with desiccated coconut.