

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Hot & Sour Fish Curry

Like your meals extra-hot? Then this curry may be just the ticket for you...

*15 dried red chiles
6 hazelnuts, broken
10 shallots, peeled, halved
2 tsp minced garlic
½ tsp turmeric powder
2 Tbsp tamarind pulp
⅓ cup vegetable oil
½ inch galangal root, bruised*

*2½ cup water
6 thick fish fillets
4-5 sprigs parsley
3 Tbsp thick coconut milk
1 Tbsp dark sugar (palm or brown)
1 tsp salt
Cucumber & Pineapple Achar*

Cut the chiles into strips and soak in warm water to soften. Drain and process with nuts, shallots, garlic and turmeric to make a paste. Add a few drops of oil to prevent food processor from binding. Mash the tamarind pulp in 2 oz water; strain and retain juice.

Heat the oil in a deep saucepan or small Dutch oven over medium heat. Stir-fry the spice paste and galangal for 4-5 minutes, until very fragrant. Add the tamarind juice and ½ cup water; cook for another 5 minutes, stirring occasionally. Add remaining water and bring curry sauce to a boil. Add fish, parsley, and coconut milk, then season with sugar and salt. Simmer for 5-7 minutes, or until oil separates from coconut milk. Serve with white rice and the Achar (separate recipe).

No galangal? Try some ginger instead. It'll be a bit sweeter, but still a nice curry dish.

Yield: Four servings
Preparation time: 35 minutes
Cooking time: 15 minutes

