



www.cravingcurries.co.uk

Goa Style Fish / Crab Curry Spice Kit

Ingredients: coriander powder, cumin powder, garam masala, smoked paprika, mango powder, turmeric powder

Store in a cool, dry place.

Authentic, delicious homemade curries made easy! Craving Curries are small family business, passionate about our curries and would like to share the experience with you!

Each curry kit comes with our step-by-step guide which allows you to have fun creating our twist on an authentic Indian curry which has all of the flavour without any of the additives or artificial colours!

For this curry you will need:

1 Craving Curries Goa style Fish/ Crab kit

into chunks about 3cm² or 500g of cooked crab meat (claws optional)

4 garlic cloves, grated

20g fresh root ginger, grated

4

500g firm white fish fillets or salmon, skin removed and flesh cut

tbsp sunflower oil

1 large onion, finely chopped

1 x 400ml coconut milk

handful of chopped coriander (optional)

Teaspoon salt

Juice of ½ to 1 lime depending on taste

Tablespoon brown sugar

4 green split chillies include in the sauce

3 tbsp tomato puree dissolved in 250ml of water

1 green chilli, sliced to garnish

Method:

1. Combine the contents of your **Spice Bag**, 1 teaspoon of salt and the brown sugar with a little water to make a paste and add the grated garlic and ginger
2. at the oil in a sauté pan over a medium heat, then add the chopped onion and fry for about 10 minutes until soft and golden
3. Stir in the spice paste (*step 1) and cook for 5 minutes, stirring frequently and adding a little water if needed to avoid the spices sticking. Then add the dissolved tomato puree and water and cook for a further 5 minutes.
4. Add the coconut milk, 4 split chillies and bring to just under the boil. Immediately turn down the heat and simmer for about 25 minutes, until the sauce has thickened or until you have achieved the desired consistency.
5. If using fish, add it to the sauce and simmer gently until the fish is cooked through about 5 to 8 minutes (depending on the type and size of the fish). If using crab, this only needs to be added at the last minute for a short time to warm through.
6. Add the lime juice, coriander, fresh sliced chilli and serve.

The heat in this dish can be controlled by the amount and type of chillies used