



COD CURRY

'Community Through Cooking'

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INGREDIENTS:

Curry

- 2 fillets cod
- 2 shallots, chopped
- 2 red chili peppers, chopped
- 4 cloves garlic, crushed
- 2 tsp cumin
- 2 tsp turmeric
- 2 tsp coriander
- 1 tsp ginger, minced
- 1 tsp chili powder
- 2 tbsp masala sauce
- ¾ cup coconut milk
- ½ cup vegetable broth
- 12 cherry tomatoes, sliced
- 3 bay leaves
- 1 tbsp canola oil
- salt

Side

- jasmine rice

RECIPE:

After ordering Indian food two nights in a row I became curious as to what ingredients were actually in my vindaloo and decided I'd make up a fish curry dish of my own.

First, chop up your shallots and sauté them in canola oil for 8 minutes. While that's cooking, combine the cumin, turmeric, coriander, ginger, chili powder, masala sauce and minced garlic in a mixing bowl and stir together.

Add this combination to the golden-brown shallots along with the diced chili peppers & sliced tomatoes. Cook for an additional 2 minutes.

Next, stir in the coconut milk, vegetable broth and bay leaves. Simmer for 4 minutes. Cut the cod up into medium-sized chunks and add to the curry, continuing to cook for another 6 minutes. Sample your sauce and sprinkle in some salt to bring out the flavor of the spices in your dish.

Finally, steam up a bowl of jasmine rice to serve alongside your cod curry. Garnish with a bay leaf for an added touch. Enjoy!

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