

Jason Pettit – Capital Radio Recipe



Quick Goan Prawn Curry – delicious, healthy and very easy to prepare.

Serve together with steamed basmati rice or paratha / naan breads.

Ingredients – serves 4 people

16 or 20	large shell on prawns (cleaned)
½ Tsp	turmeric powder
2 Tbsp	cooking oil
1 ea	green birds eye chili pepper (split in half)
10 ea	curry leaves
1 can	coconut milk (400ml approx.)
Pinch	sugar (to taste)
3 Tbsp	tamarind paste
100 ml	water

Paste

1 sm	onion (roughly chopped)
1 bunch	coriander (roots trimmed, stem and leaves chopped)
5 ea	garlic cloves (trimmed and sliced 3mm)
1 inch	ginger (peeled and chopped)
1 ea	green birds eye chili pepper (roughly chopped)
70 ml	water

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Method

Place the prawns into a zip lock bag, add the turmeric powder and a pinch of salt. Shake the bag to coat all the prawns.

Place all the paste ingredients into a food processor / blender and blitz to a smooth paste.

Reserve some coriander leaves for garnish.

Pre heat a non-stick pan over a low – med heat.

Add the oil and swirl to coat the base of the pan.

Add the split green chili and curry leaves and gently fry until they begin to sizzle and then add the paste.

Cook stirring frequently until fragrant (approx. 3 minutes).

Add the prawns and stir to coat – cook for 1 minute.

Add the 100ml of water and season lightly.

Cook with a lid on the pan for 2 minutes.

Add the coconut milk, tamarind paste and sugar and mix.

Simmer until the sauce has thickened slightly and the prawns are fully cooked through (approx. 4 minutes).

Taste and adjust the seasoning if required.

Garnish with the saved coriander leaves and serve.

Notes from the chef:

I have used large shell on prawns as they impart a wonderful rich flavour and stand up to the cooking time well, but you may opt for peeled prawns of a different size. Simply remove the prawns after adding the coconut milk and once the sauce has begun to thicken, add them back for the last minute.

If you cannot find tamarind paste, then substitute it with pomegranate molasses in equal measure.

The spice level can be adjusted by reducing the amount of green chili pepper used – only use 1 in the paste and omit the 1 added to the oil.

If you cannot find curry leaves then they can be replaced with lime zest – add the zest in large strips together with the coconut milk etc.

Tbsp - tablespoon

Tsp - teaspoon