

Samaki wa nazi (coconut fish curry)

Serves about 4

1 x 1 kg firm-fleshed, white fish –
gutted and scaled

salt and pepper to taste

3 tbsp vegetable oil

1 onion, chopped

2 cloves garlic, minced

2 tbsp tomato paste

2 tsp curry powder

2 tsp garam masala

1 red chilli, deseeded and finely
chopped

Juice of ½ lemon

2 cups unsweetened coconut cream

Season the fish with salt and pepper.

Heat the oil on medium in a large, deep pan.

Brown the fish lightly on each side.

Remove, set aside and keep warm.

In the same pan fry the onion for about four minutes, until lightly browned.

Add the garlic and fry for another minute.

Stir in the tomato paste, curry powder, garam masala, chilli and lemon juice.

Cook for two minutes until fragrant.

Add the coconut milk and bring to the boil.

Reduce the heat to low and gently add the fried fish.

Simmer for about six minutes, or until the fish is cooked through and sauce has thickened.

Serve with rice.

