

GOA SEAFOOD CURRY WITH FISH AND SHRIMP

Ingredients:

Masala Paste Sauce:

18 whole dried red chillies, remove seeds
3 green Serrano chillies, remove seeds
18 cloves garlic
2 inch piece of peeled ginger root
3 tsp cumin seeds, freshly toasted in skillet
3 tsp poppy seeds, freshly toasted in skillet
1½ tsp turmeric
3/8 cup raw cashew nuts
3 tsp tamarind pulp
2 tbsp dried grated coconut
3/8 cup white vinegar

Preparation:

Blend all the above with 6-7 tablespoons water to make a thick paste
Set paste aside.

In a deep skillet or large sauce pan, heat 3 tablespoons vegetable oil over medium-high heat.

Add 6 cups finely chopped onions and sauté until golden- about 9-12 minutes

Add Masala Paste and mix well.

Reduce heat to medium-low and sauté, stirring frequently, 9 to 12 minutes.

If necessary deglaze pan with 1½ tablespoons water at a time to prevent sticking.

Stir in 1½ can (14 oz. can) of coconut milk and 3 teaspoons salt.

Cover and bring to boil; simmer for about 5 minutes.

Add 1½ pounds of catfish fillets cut into 2-by-3 inch pieces (at least 12 large pieces) and previously marinated in juice of 2 limes.

Simmer just until fish flakes.

Be careful and keep fish in whole pieces; remove fish pieces to warming plate.

At this point you are close (about 30 minutes more) to being READY TO SERVE- make certain Saffron rice and Spinach side dish (see below) are also similarly ready before continuing.

To the simmering Sauce, add 3 pounds of shrimp, peeled and deveined and 5 tablespoons of lime juice.

Allow sauce to come to boil again and reduce heat.

Cover and cook until shrimp are opaque, about 10 to 12 minutes.

DO NOT OVERCOOK THE SHRIMP.

To the pot, add fish from the warming plate; let sauce, shrimp, and fish stand covered for 15 minutes to allow flavors to infuse into seafood.

Serve hot over bed of saffron rice with lemon wedges and flat bread on the side.