

SO MUCH TO SEA...

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Thai green fish curry

Recipe by Glynn Wright

This is not only simple and tasty, it can be cooked and served in a matter of minutes. Serve with rice, pappadums and/or naan bread.

Ingredients:

Fish or chicken stock
1 tin coconut cream
1 tablespoon fish sauce
2 kaffir lime leaves
2 tablespoons chopped coriander
250 – 500g firm fish fillets (such as ling, cod, monkfish or tusk) cubed

Paste

1" finely chopped fresh root ginger
1 finely chopped green chilli
2 finely chopped cloves of garlic
1 finely chopped onion
1 finely chopped stalk of lemongrass
Zest and juice of 1 lime
Oil
2 teaspoons ground coriander
1 teaspoon ground cumin
1 teaspoon sweet paprika

Method:

Fry spices (coriander, cumin and paprika) in a little oil. Add onions and cook until soft. Add remaining paste ingredients and cook for 3 mins. Add coconut cream, fish sauce, stock and lime leaves, and cook for 2 mins.

Add fish and simmer gently until just cooked. Finish with chopped coriander and lime juice.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust