



Hot Sri Lankan Fish Curry

Our Salt Spring friend Fenton Loyola was born in Sri Lanka and has a deep understanding of the mysteries of masala. Tobago Habanero Curry is his favourite of our curries and he uses it in this Sri Lankan-style fish curry. Enjoy!

Ingredients:

1 LB Halibut or Cod fillet or other fresh meaty white fish.

2-3 tsp Tobago Habanero Curry

½ cup water

½ cup coconut milk

2 cloves garlic

½ medium yellow or red onion, sliced

10-15 Curry leaves

2 TBL cooking oil or ghee

½ lime

Salt to taste

½ a Pandan leaf

Instructions:

1 - Wash fish and pat dry. Cut the fillet into 1-inch sized cubes.

2 - Sprinkle fish with 1 tsp of Tobago Habanero Curry on the fish and mix gently.

3 - Add the oil or ghee into a pan and bring to medium heat.

4 - Add onions and curry leaves and fry until onions turn light golden to brown. (2 to 3 minutes).

5 - Add fish and cook lightly for 5 minutes with gentle stirring so the fish does not break up.

6 - Add coconut milk carefully as spattering can occur when adding to hot oil. Let it cook 3 minutes. Then add water and the rest of the Tobago Habanero Curry and cook for 10 minutes. Stir once or twice very gently.

7 - Add garlic with the Pandan leaf to the curry and cook for 5 minutes.

8 - Squeeze half a lime into the curry at the very end just before serving.

Spices Used: Tobago Habanero Curry

3-4 Servings