

Cod and coconut curry

Recipe by Akshay Borges

Ingredients:

Curry sauce

4 lemongrass shoots (smash using back of knife to break into strands)
2 cloves garlic
½ thumb ginger
1 medium onion, chopped
4 tsp Mae Ploy red curry paste
3 tins coconut milk
salt and pepper
2 tbsp oil

Veg

green veg (for example asparagus, pak choi, beans, peas, etc)
3 peppers (1 each: red, green, yellow)
radish (optional)
butter or oil

Rice noodles (for example Amoy straight to wok noodles)

Cod fillets, 1 per person (lightly oiled and seasoned with salt and pepper)

Method:

Making the curry sauce

In a small pot, add all the ingredients of the curry except coconut milk. Cook on a for a few minutes on a medium heat.

Once the onions turn soft, add the coconut milk and cook for 10-15 minutes, stirring occasionally. Take off the heat and set aside until time to serve.

Cooking the fish

Heat up a pan with a tsp of oil and once it starts smoking, carefully add the fish, skin side down and cook for about 2 minutes. Throw in a knob of butter, turn the heat down to low and put a lid on.

The fish should cook with the steam created and also get a crispy skin. This will take about 5-10 minutes depending on the thickness. After 5-10 minutes, take lid off and if not cooked, carefully flip it and give it another 3-4 minutes.

Meanwhile, heat some butter in a pan, throw in the veg, salt and pepper and toss. Cook for 2-3 minutes; you want the veg to be nice and crunchy.

While the veg is cooking, bring the curry sauce to a boil. Cook the noodles according to pack instructions and portion into bowls.

To serve, pour the curry sauce over the rice noodles, topping with the veg, followed by the fish.

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