Fish Curry

By Tom Dickson

Preparation Time: 45 min. | Cooking Time: 35 min. | Serves: 4

INGREDIENTS

1 lb. boneless, skinless fish fillets (perch, drum, pike, walleye, trout, kokanee, or catfish all work well. Non-anglers can use cod, available in any grocery store.)

1 T. vegetable oil

½ onion, grated on large holes of box grater (this makes for a thicker sauce)

2 t. fresh ginger, grated

2 cloves garlic, finely minced

½ lb. fresh green beans (optional), trimmed to 1-inch pieces

14.5-oz. can diced tomatoes

2 t. curry powder (see recipe below)

½ t. salt

½ t. black pepper

1 c. coconut milk (found in any grocery)

¼ c. water

Cooked white rice (preferably basmati or jasmine)

Handful of cilantro leaves, chopped

DIRECTIONS: Wash fillets and pat dry. Cut into 2-inch chunks.

Heat oil in a medium saucepan over medium heat. When oil is hot, add onion, ginger, and garlic. Sauté 5 minutes, until very fragrant.

Use a spatula, potato masher, or your hands to break down tomatoes. Add to pan (along with fresh green beans, if desired) and sauté for another 3 minutes, stirring frequently.

Add curry powder, salt, and pepper. Stir to combine and cook for 2 minutes.

Turn heat to medium-high. Add coconut milk and water. When mixture comes to a boil, add fish and cook for 4 minutes or so, until all chunks are cooked through.

Serve on cooked white rice. Top with cilantro.

HOMEMADE CURRY POWDER

2 T. coriander seeds

1 T. cumin seeds

1 T. fennel seeds

½ t. ground turmeric

1 T. crushed red pepper flakes

In a medium pan, spread pepper flakes and coriander, cumin, and fennel seeds in a thin layer. Toast spices on medium heat, shaking the pan often, until they turn color and become fragrant, about 5 minutes. Cool. Using a spice grinder, old coffee bean grinder, or mortar and pestle, grind toasted spices into a fine powder. Add turmeric and blend once more until everything is combined.

Store in an airtight container for up to two months.