

Chingri Maach Malai Curry

Show: June 20th

Ingredients: Serves 4 Portions

1 lb Uncooked shrimp (16-20), peeled and deveined
4 ea Medium cloves garlic, finely chopped
2 ea Dried red Thai, cayenne or Serrano chilies, pounded*
1 tsp Fennel seed, ground
1 tsp Salt
½ tsp Black mustard seed, ground**
¼ tsp Cardamom seed (removed from pods), ground
2 Tbl Mustard oil or vegetable oil
½ cup Coconut milk
1 Tbl Finely chopped fresh cilantro

Procedure:

In a medium bowl, thoroughly combine all the ingredients except oil, coconut milk and cilantro. Refrigerate, covered, for at least 1-hour or overnight.

*To pound dried chilies, place them in a mortar and pound 5 to 10 times with a pestle until the chilies break down into smaller pieces and some of their seeds are released. You can also place them between sheets of plastic wrap and mash them with a rolling pin.

**Ground black mustard seed yields a required bitterness to the dish but you can substitute yellow mustard seed if you wish.

(1) Recipe from The Turmeric Trail by Raghavan Lyer, CCP, St Martin Press 2002

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