



The **COOK'S** Choice

Green Fish Curry with Coconut Milk and Bramley Apples

 **Preparation time:** 15 minutes

 **Cooking time:** 10 minutes

 **Serves:** 4

Ingredients

Thai food is not really my bag; to cook that is, as I do like to eat it occasionally. I find it lighter and tastier than Chinese and more subtle than Indian food. This dish is perfect for a summer lunch or dinner served only with boiled basmati rice. You can add more or less curry paste depending on how hot you like your curry. The apple offsets the richness of the coconut milk and works really well.

200ml coconut milk

4 small shallots, very finely chopped

1 tsp caster sugar

2 level tsp green Thai curry paste

1 tsp tamarind paste

2 medium Bramley apples, peeled, cored and chopped **very finely**

4 x 125g pieces salmon fillet, skinned

1 tbsp fresh coriander, chopped

salt and freshly ground black pepper

Pour the coconut milk into a large frying pan, add the shallots, sugar, curry

paste (add a bit extra if you like it hot!) tamarind paste, apple and season well

and bring to the boil. Cook for 2 minutes

Next add the fish side by side to the pan, cover with a baking tray and simmer

gently for about 2-3 minutes, cook until the fish is just very slightly undercooked - it will finish off cooking

whilst it is standing

Carefully transfer the fish to deep bowls, spoon the sauce over the top and



sprinkle on the
coriander. Serve with basmati rice

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