Demo Coconut Fish Curry (serves 4)

Green Curry Paste:

5 cloves garlic chopped

3 shallots peeled and chopped

Thumb sized piece ginger peeled chopped

2 green chillis deseeded and roughly chopped

Stems from a small bunch of fresh coriander

3 kaffir lime leaves finely shredded

1 heaped tsp. shrimp paste

½ tsp. ground cumin

1 tsp. ground coriander

1 stick lemongrass bruised

2 x 400g tins coconut milk

1-2 tbsp. fish sauce to taste

400g monkfish cut into chunks

200g raw prawns

150g sugar snap peas

Juice of 1 lime

1 tbsp. brown sugar or honey

Fresh coriander to garnish

Conventional Method:

1: Place the ingredients for the curry paste into a mini blender or pestle and mortar and blitz or grind to a fine paste. Fry the paste and the lemongrass in the coconut milk solids for 3-4 minutes. Reserve the liquid part for cooking later.

2: Pour in the coconut milk liquid, fish sauce and bring up to a gentle simmer, cover and cook for 40 minutes. Add in the monkfish, prawns and sugar snap peas and cook for a further 5 minutes or until the prawns are pink and the fish cooked through. Add the sugar and lime juice to taste. Garnish with some fresh coriander and serve with some rice.

N.B We will need some cooked rice to serve (out of a packet is fine)