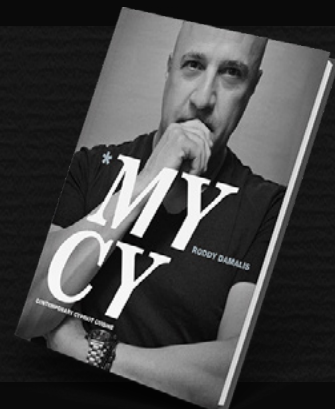




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# Fragrant Seafood Curry

Smothered in Delicate Coconut Milk, Cardamom & Star Anise

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Preparation  
**2 Hours**



Cooking Time  
**60'**



Serves  
**8**

## Ingredients

- 1 kg fillet of firm white fish (cod or plaice)
- 1 kg prawns (with shell)
- 1 kg mussels (in shell)
- ½ kg calamari (cleaned)
- ½ cup olive oil
- ½ kg frozen green beans
- Salt & fine black pepper

### GLAZE:

- ½ cup olive oil
- 4 medium onions (finely chopped)
- 1 tbsp tomato paste
- 500 ml fruity, medium sweet white wine
- 2 tins coconut milk
- 2 tsp corn flour (dissolved in cold water)
- 1 tsp sugar
- 8 star anise
- 3 cardamom seed (cracked, seeds removed & ground in pestle & mortar)
- 3 bay leaves
- 2 tsp mustard seed
- ½ tsp chilli flakes
- 2 tsp curry powder
- 4 cloves
- 1 tsp salt & black pepper

## Execution

Coat all seafood in olive oil, season with salt & pepper  
Place the fish & mussels into an ovenproof dish in one layer  
Heat a non-stick pan for 3' & place a single layer of calamari into pan. Do not stir.  
Allow liquids to evaporate, then turn over, when most have evaporated add little olive oil & allow to brown. Do not cook through.  
Remove from pan & place on top of fish & mussels. Repeat this process with the prawns & add to the dish  
Pour the sauce over & bake in a preheated oven (180 °C) for 30'  
Serve immediately using a lifter so that the fish doesn't crumble.

### SAUCE:

Brown onions in olive oil with spices until aromas are released & onion is sweet: add other ingredients except green beans & coconut milk  
Simmer for ½ hour: add coconut milk & green beans & simmer for another 5'  
Remove from heat

\*This is my 'go to' dish when entertaining at home, served on a huge platter where everyone gets their hands dirty.