



Hot Thai Fish Curry

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 2-3 - 450g cod loin - 6 bird's eye chillies (see method) - ginger, about two thumbs' worth - 4 large cloves garlic - a few kaffir lime leaves - small handful of fresh coriander, roughly chopped - few dashes thai fish sauce - can coconut milk - 1 lemongrass stalk - dash or two sesame oil - rice - 6 or so cardamom pods - a star anise

Instructions

Firstly please excuse my food photographer (currently me with my mobile phone). I love Thai food and this couldn't be easier. I've used 6 bird's eye chillies here which are VERY hot - you could either deseed them to reduce the heat, or just use a milder chilli. Don't leave them out altogether though, because the taste is so important and the red flecks look so pretty in the sauce. I cook my rice quite slowly and with my method you start the rice first. 1. Blitz chillies, garlic, ginger & lemongrass in a food processor with the sesame oil and a few drops of water. 2. Add the blitzed ingredients along with the coconut milk to a high sided pan. 3. Simmer on a low heat for about 15 minutes to let the flavours infuse. 4. Add the cod loin, the thai fish sauce and the lime leaves and poach gently for about 10-15 minutes until the fish is just cooked. 5. Before serving, add the fresh coriander and stir in gently. Then serve immediately with the rice. Everyone has their preferred method of cooking rice, but the way I got taught hasn't failed me yet. I don't rinse the rice as some people suggest. 1. Boil your kettle. 2. Melt some butter in a saucepan on a medium high heat. 3. Add the rice along, in this case, with the cardamom & star anise and stir gently until all the rice is coated. 4. Add boiling water until it is about an inch and a half above the level of the rice. 5. Cover the pan first with a clean doubled-up tea-towel and then the saucepan lid above that. 6. Reduce heat to very low and leave well alone for about 40-45 minutes. 7. Fluff up the rice with a fork and serve.