

Prawns in coconut-cream curry

Serves: 4

Cooking utensil: frying pan

Preparation time: 10 minutes

Cooking time: 10-12 minutes

INGREDIENTS

- 1 tablespoon (20 mL) oil
- 1 garlic clove, crushed
- 2 teaspoons chopped fresh ginger
- 2 teaspoons (10 g) mild spicy curry paste
- 1 onion (125 g), thinly sliced
- 400 g green (raw) prawns, shelled (800 g with shells)
- 200 mL coconut milk or cream
- 2 cups cooked rice (see p. 269)

Method

- 1 Heat oil and sauté garlic, ginger and curry paste for 1 minute.
- 2 Add onion and cook until soft.
- 3 Add prawns and cook until prawns become opaque (2-3 minutes). Add coconut milk or cream.
- 4 Cook, gently stirring all the time until heated through.
- 5 Serve on a bed of rice.

FISH IN COCONUT-CREAM CURRY

Follow method for **Prawns in coconut-cream curry**, using 400 g fish, cut into 2 cm cubes. Use fish with firm texture suitable for pan-frying (see table on pp. 244-5). Serve with noodles or 2 cups cooked rice (see p. 269).

SCALLOPS IN COCONUT-CREAM CURRY

Follow method for **Prawns in coconut-cream curry**, using 400 g scallops. Serve with noodles or 2 cups cooked rice (see p. 269).

Paella (Spanish)

Serves: 6

Cooking utensil: large wok or frying pan

Preparation time: 40 minutes

Cooking time: 30 minutes

INGREDIENTS

- 1 tablespoon (20 mL) oil
- 1 onion (125 g), chopped
- 2 garlic cloves, crushed
- 2 tomatoes (250 g), chopped
- ½ red capsicum (65 g), chopped
- ¾ cup (150 g) rice
- 1½ cups (375 mL) Fish or Chicken stock (p. 332 or 331)
- ¼ teaspoon saffron or turmeric
- 300 g (12-18) green (raw) prawns
- ½ cup (75 g) peas
- 12-18 mussels, in shells
- 1 cup (150 g) chopped cooked chicken
- 4 black olives (for garnish)

Method

- 1 Heat oil in wok or pan and fry onion and garlic for 2 minutes.
- 2 Add tomatoes, capsicum and rice. Mix well.
- 3 Add the stock and saffron or turmeric. Stir until mixture boils. Cover and simmer for 20 minutes. Add extra stock if necessary.
- 4 Shell prawns, leaving tail ends on, and remove dark vein.
- 5 Add prawns, peas, mussels and chicken to rice mixture. Mix gently but thoroughly with a fork while reheating.
- 6 Garnish with olives. Serve immediately.

(Opposite) Paella