



A LONG ESTABLISHED FAMILY FIRM

Close House Farm Otley Road Skipton BD23 6DR  
Telephone: 01756 792491 or 794484 Fax: 01756 791696

E-mail: [worldsfinest@tncook.co.uk](mailto:worldsfinest@tncook.co.uk) Internet: [www.tncook.co.uk](http://www.tncook.co.uk)

Registered in England No. 1182390 VAT Reg No. 180 9855 28

THE WORLD'S FINEST RANGE COOKERS

## Keralan Fish Curry (Judy Walker)

### Ingredients

1 Head of fennel, thinly sliced  
200ml Reduced fat coconut milk  
2 Tbsp. Dried curry leaves  
1½ Tsp. Vegetable stock powder  
6 Banana shallots, quartered  
4 x 150g Haddock fillets, skinned  
2 Tsp. Vegetable oil  
4 Vine tomatoes, thinly sliced  
100g Keralan curry paste  
Chopped fresh coriander for garnish

### Method

- Place the oil in a large frying pan on the simmering plate. Add the fennel, 1 tablespoon of the curry leaves and the shallots and fry until soft.
- Combine the curry paste, coconut milk and stock powder in a jug.
- Place the fish on top of the vegetables and pour the sauce over.
- Sprinkle with the remaining curry leaves and place in the **AGA Roasting oven** Or **Everhot top oven set at 240°C** for 15 minutes.