

MAC FORBES

Fish Pappas (Indian Fish Curry)

Serves 4 | Paired with Mac Forbes EB52 Syrah Rosé

INGREDIENTS:

Marinade

600g halibut cut into large pieces

Half tsp lemon juice

1 tsp vegetable oil

salt and ground black pepper

Sauce

5 tbsp coconut or vegetable oil plus 2 tbsp for the fish

2/3 tsp brown mustard seeds

1/3 tsp fenugreek seeds

15 curry leaves, fresh if possible

2 onions, finely chopped

30 grams (2tbs) finely chopped or grated root ginger

1 large tomato

10-11 large garlic cloves

2/3 tsp ground turmeric

2 tsp ground coriander

1 1/2 tsp ground fennel seeds

1/4 chilli powder

1 tsp garam masala

400ml coconut milk

4-6 small Indian green chillies, stalks removed, pricked with knife

1 1/2 - 2 tbsp white wine or other vinegar

3 generous tbsp coconut cream



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METHOD:

To start

Mix all ingredients for marinade together and marinate fish for twenty minutes or so.

The sauce

Heat the five tbsp oil in large non-stick saucepan. Add the mustard and fenugreek seeds. Once the popping slows down, add the curry leaves. Follow within ten seconds with the onion and the salt. Cook until soft and just turning colour. Add the ginger and stir-fry for thirty seconds.

As the onions cook, blend the tomato and garlic until smooth. Add to the ginger along with the powdered spices and a splash of water. Cook until the paste releases oil back into the pan, a good eight to ten minutes or so. Then stir-fry the paste for another couple of minutes. Taste: the garlic should be cooked and it should taste harmonious and a bit salty at this stage.

Add the coconut milk and chillies, bring to boil, cover and cook for four to five minutes.

After the fish has marinated:

Meanwhile, heat the remaining two tablespoons of oil in a non-stick frying pan and add the fish. You might have to do this in two batches. Fry over medium-high heat till lightly golden on both sides. Place on a plate and repeat with second batch. It shouldn't take more than two to three minutes for each batch.

Add 350ml (1.5 Cups) water to the sauce pot, along with the vinegar, and bring to the boil. Cook for four to five minutes. Taste and add more salt if necessary. Add the fish and coconut cream to the pot and cook for three to five minutes more, turning the pieces of fish half way through. The fish should be cooked and the sauce should be creamy.



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