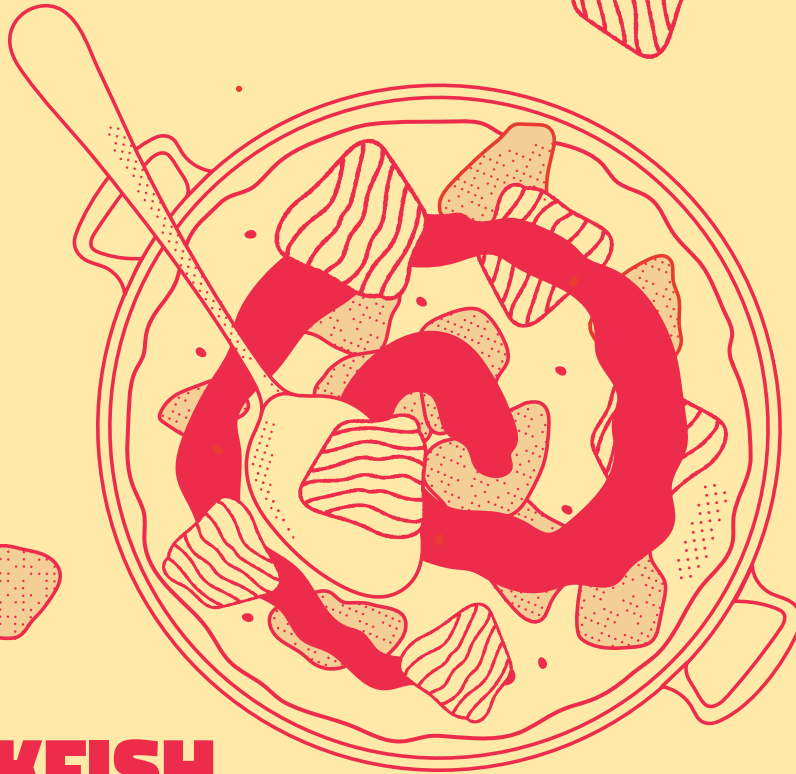




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MONKFISH CURRY

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WILLIAM HARDIE'S

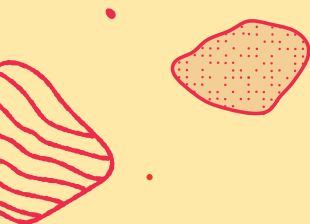
Monkfish Curry



Serves 2-4 Meals



Prep 10 mins
Cook 40 mins



William Hardie

BA (Hons) Social Sciences, 2022

Commis Chef, Timberyard

This monkfish curry is a super easy way to make something that tastes like it took way more effort than it did. It's a rich, comforting curry that's perfect for a chill night in.

INGREDIENTS

- Monkfish
- 2 tbsp coriander seeds
- 2 tbsp medium curry powder
- 2 tbsp garam masala
- Pinch of cayenne
- Tomato puree
- Chicken stock cube
- Potatoes
- Coconut milk

METHOD

Toast all these spices off. Add tomato puree and then mix until a paste on low heat.

Add 1 chicken stock cube diluted with 300ml or so water. Let it do its thing on a low heat for a while.

Boil potatoes in the meantime 'til slightly under (finish their cooking in the curry).

Monkfish heavily oiled, seasoned with salt and pepper.

Very hot pan, leave on heat 'til really hot (2 mins). Get monkfish fillet in seam line down (just has a white line down one side).

Cook till lovely char on it, flip it over, turn the heat off and get a knob of butter in, baste it over it for a couple of mins.

Leave to rest.

Finish the sauce off with coconut milk, add potatoes when they are cooked.



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