



*Leroy's favourite*  
**MASALA FISH DISH**

*“The fragrant warmth of the dish pairs perfectly with a chilled glass of Boschendal Demi Sec”*

## INGREDIENTS

### MASALA SAUCE

2 tbsp	curry spice	1 med	fresh green chilli
2 tbsp	cumin	30g	fresh coriander
2 tbsp	coriander seeds	30ml	oil
2 sticks	cinnamon	5 large	fresh tomatoes, blended
3 pods	cardamom	250ml	water
1 tbsp	cayenne pepper		
1 tbsp	turmeric		
3	bay leaves		
2 med	onions, chopped		
4 cloves	garlic, chopped		
2 tbsp	ginger, peeled & chopped		

### YOGURT EMULSION

1 kg	plain yogurt
500ml	olive oil
4 large	eggs
1/2	lemon, juiced
	salt & pepper to taste

### SPRING ONION SALSA

2	spring onion
1 clove	garlic
50g	ginger, chopped fine
70g	paprika, chopped

### GARNISH

Ginger, julienned & deep fried

*Suggested serving with pan-fried farm kabeljou & mussels.*

## METHOD

### MASALA SAUCE

1. Blend all dry spices together in a food processor.
2. Blend all fresh ingredients together in a food processor.
3. Add the oil to a medium based pot. Add the blended dry spices, and fry lightly.
4. Add the blended fresh ingredients, and cook over medium heat, stirring regularly, until spices and onions are cooked.
5. Add the blended tomatoes, and stir through. Add the water and simmer for 15-20 minutes.
6. Use a stick blender to blitz the sauce smooth in the pot, then strain through a sieve.

7. Pan fry the fish for 5-7 minutes (depending on portion size) and cook in Masala sauce.

### YOGURT EMULSION

1. Blend 4 eggs with lemon juice, salt & pepper.
2. Add yogurt gradually.
3. Slowly add olive oil, blend until the mixture thickens.

### SPRING ONION SALSA

1. Mix together finely chopped spring onion, garlic, ginger and paprika

### GARNISH

1. Julienne ginger and deep fry until crispy.