
Curry From the South Seas

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 6

COCONUT MILK

1 1/2 cups milk

2 cups boiling water

2 cans (3-1/2 ounce ea) flaked coconut

CURRY

1 pound fish illets (cod preferred)

6 tablespoons butter or margarine

1 onion finely chopped

6 tablespoons flour

1 teaspoon powdered ginger

1 1/2 teaspoons salt

2 to 3 teaspoons curry powder

1 cup milk

2 cups coconut milk (recipe above)

1 pound medium shrimp, shelled and deveined

1 pound lobster and/or king crab (optional)

scallions, sliced

coconut, toasted

cooked rice

Make the coconut milk: In a saucepan, combine the milk and water. Bring to a boil. Pour over the coconut and let stand for one-half hour. Strain through a double thickness of cheesecloth, pressing out all liquid. (The liquid should measure two cups. If necessary, add a little milk to correct measurement.)

Cook the fish in water until just firm. Drain. Cut into bite-size pieces,

In a saucepan, melt butter. Add the onion. Cook until soft.

In a bowl, combine the flour, salt, ginger and curry powder. Stir until blended. Add the milk. Stir until thickened. Blend in the coconut milk. Add the shrimp and shell fish, if using. Cook over low heat for 10 minutes. Add the fish. Cook for 5 minutes longer, stirring occasionally.

Garnish with sliced scallions and toasted coconut, if desired.

Serve with rice.

(Note: Do not use canned coconut milk - it is too sweet.)

Seafood

Per Serving (excluding unknown items): 280 Calories; 17g Fat (53.5% calories from fat); 20g Protein; 13g Carbohydrate; 1g Dietary Fiber; 160mg Cholesterol; 815mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 3 Fat.