Fish Sothi

A lightly spiced, quick and easy coconut curry of Sri Lankan & South Indian origin, fish sothi is quite often made just with vegetables. I am a huge fan of the fish version, a very local recipe found in Singapore and Malaysia, given their not so insignificant Sri Lankan & South Indian population.

# Ingredients

## Ingredients A

400ml/1 and 2 thirds cup coconut milk

200ml/4 fifths cup water

1 medium onion, sliced

2 cloves garlic, finely chopped

2.5cm/1" ginger, finely chopped or grated

1 mild green chilli, left whole or seeds removed if sliced

1 tsp turmeric

half tsp fenugreek seeds

1 medium aubergine, cut into bitesize slices

quarter - half tsp salt

## Ingredients B

4 fish fillets

2 tomatoes, quartered

juice of 1 lime

## Ingredients C - Tarka/Tempering

1 tbsp coconut oil or vegetable oil

1 sprig of curry leaves (if unavailable, don't worry)

half tsp black mustard seeds

2 dried red chillies, whole

# Method

1. Place all the ingredients from A into a large saucepan.

2. Bring to a simmer and cook for 10 minutes, uncovered.

3. Add the fish and tomatoes from B and cook for another 10 minutes or so, until the fish is done.

4. Turn the heat off. Take a ladle of the curry and mix the lime juice in. Now pour this mix back into the saucepan and stir well but gently, don't break the fish up.

5. Check the seasoning and add more salt if necessary. Set aside.

6. Heat the coconut oil in a small frying pan over medium heat until the oil is hot but not smoking.

7. Add all ingredients C in and fry for about 10 seconds and immediately, pour this hot oil mix all over the fish sothi.

This final step is optional. If you don’t fancy doing it, add ingredients C along with ingredients B in step 3, leaving the coconut oil out.

Serve with some piping hot basmati or jasmine rice.

## Serves 4