

OVERALL time: 45 mins

CURRIED HAKE

In the mood for curry but not in the mood for something heavy? Hake medallions gently poached in a curried broth positively bursting with aromatic coconut and lime does the trick very nicely, thank you. All it asks for is gorgeously fragrant and fluffy basmati rice.

Metric

Number of servings : 4

ingredients

For the fish

- 800 g hake medallions (find in the freezer section at supermarket)
- 1 small white onion, finely chopped
- 3 fat cloved garlic, finely minced
- 6 Tbsp Cape Herb & Spice Cape Malay Curry
- 1 tin reduced fat coconut milk (half the fat, all teh flavour!)
- 1 cup water (add more if needed)
- 1 tsp lime zest
- 4 leaves Cape Herb & spice Curry Leaves
- 2 tsp grated jaggery or brown sugar
- 2 sliced lengthwise green chilli, de-seeded
- 1 juiced lime
- 1 Tbsp vegetable oil, for cooking
- 1 Tbsp fresh ginger, finely grated

To serve

- 1 small bunch, chopped fresh coriander
- 1 cut into strips fried poppadum
- 1 sliced green chilli
- 1 sliced lime wedges
- 1 portion Basmati Rice

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 25 mins

Rub the hake medallions with one tablespoon of the Cape Herb & Spice Cape Malay Curry Spice and squeeze over the juice of one lime. Set aside to marinate. Then, fry the onions over low heat in the vegetable oil until soft but not browned. Add the garlic, ginger, 5 Tbsp of Cape Herb & Spice Cape Malay Curry Spice and fry for a minute. Add the water, coconut milk and tomatoes; curry leaves, jaggery and chillies. Place on low heat, cover with a lid and simmer for 15 minutes.

Next, rinse the hake and pat dry. Gently submerge hake medallions in curried broth and cook until just done – five minutes is about all it takes. Squeeze the juice of a lime over and you're ready to serve.

Garnish with coriander and poppadum ribbons (uncooked store-bought poppadums simply sliced into thin strips with a sharp chef's knife and briefly deep fried until crisp) and grate over the zest of a lime. Serve with basmati rice, extra lime wedges and sliced green chillies for the truly adventurous.

Cooks Note

If you want duo-coloured basmati rice like ours, cook half the basmati in the normal way and the other half with a teaspoon of turmeric added to the pot. Once the rice is cooked, simply stir the yellow and white rice together! This is a bit more effort, but oh so pretty. If you're going to go to the trouble, why not cook a bit more, seal portions in ziplock bags and pop them in the freezer.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

For the fish

- 800 g hake medallions (find in the freezer section at supermarket)
- 1 small white onion, finely chopped
- 3 fat cloved garlic, finely minced
- 6 Tbsp Cape Herb & Spice Cape Malay Curry
- 1 tin reduced fat coconut milk (half the fat, all the flavour!)
- 1 cup water (add more if needed)
- 1 tsp lime zest
- 4 leaves Cape Herb & spice Curry Leaves
- 2 tsp grated jaggery or brown sugar
- 2 sliced lengthwise green chilli, de-seeded
- 1 juiced lime

- 1 Tbsp vegetable oil, for cooking
- 1 Tbsp fresh ginger, finely grated

To serve

- 1 small bunch, chopped fresh coriander
- 1 cut into strips fried poppadum
- 1 sliced green chilli
- 1 sliced lime wedges
- 1 portion Basmati Rice

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 25 mins

Rub the hake medallions with one tablespoon of the Cape Herb & Spice Cape Malay Curry Spice and squeeze over the juice of one lime. Set aside to marinate. Then, fry the onions over low heat in the vegetable oil until soft but not browned. Add the garlic, ginger, 5 Tbsp of Cape Herb & Spice Cape Malay Curry Spice and fry for a minute. Add the water, coconut milk and tomatoes; curry leaves, jaggery and chillies. Place on low heat, cover with a lid and simmer for 15 minutes.

Next, rinse the hake and pat dry. Gently submerge hake medallions in curried broth and cook until just done – five minutes is about all it takes. Squeeze the juice of a lime over and you're ready to serve.

Garnish with coriander and poppadum ribbons (uncooked store-bought poppadums simply sliced into thin strips with a sharp chef's knife and briefly deep fried until crisp) and grate over the zest of a lime. Serve with basmati rice, extra lime wedges and sliced green chillies for the truly adventurous.

Cooks Note

If you want duo-coloured basmati rice like ours, cook half the basmati in the normal way and the other half with a teaspoon of turmeric added to the pot. Once the rice is cooked, simply stir the yellow and white rice together! This is a bit more effort, but oh so pretty. If you're going to go to the trouble, why not cook a bit more, seal portions in ziplock bags and pop them in the freezer.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>