



## WWF Curry Fish Head

**BOSCH appliances were used in this recipe.**

### Ingredients

(A) Wet mix:

- 1) A stalk of curry leaves
- 2) Quarter cup of minced young ginger
- 3) Half a cup of minced peeled garlic
- 4) A cup of minced peeled shallots
- 5) 3 tablespoons of peanut oil

(B) Dry mix:

- 1) A stalk of curry leaves
- 2) 3 tablespoons of fish curry powder

(C)

- 1) 4 small red chillies, seeded and sliced
- 2) 6 okras or ladyfingers, cut into bite size
- 3) 4 ripe tomatoes, cut to quarters
- 4) 2 cups of white cabbage
- 5) 2 cups of coconut milk
- 6) 1/4 to 1/2 cup of tamarind water or lemon juice
- 7) Salt and pepper to taste
- 8) A large steamed Goldbanded Jobfish (Ang Kor Li) fish head

### Method

- 1) Clean the Goldbanded Jobfish (Ang Go Li) fish head and steam it for 8 minutes lightly.
- 2) Heat the oil on low heat in a pan.
- 3) Add in the (A) wet mix and stir-fry it for 4 to 6 minutes or until the paste is fragrant.
- 4) Add in the (B) dry mix ingredients into the pan and mix it into a paste.
- 5) Stir-fry till everything is fragrant.
- 6) Finally, add in the (C) ingredients and simmer the mix
- 7) Add coconut milk and tamarind water or lemon juice. Add salt to taste.
- 8) Bring it to simmer while stirring.
- 9) Allow to cook for a few minutes until it is well amalgamated.
- 10) Put in the fish head until okras are half cooked.
- 11) Turn the fish head over and continue to simmer until it is cooked.
- 12) Serve immediately in a bowl with steamed rice.