



Our story

Malaysian Fish Curry is a special dish my mum made since I was little. Growing up with my parents and three sisters, our home was always filled with the aroma of the most delicious foods my mum cooked for us in the kitchen.

My mum grew up in Kedah, a state in Malaysia known as “Jelapang Padi” or “rice bowl” where green paddy fields unfurl as far as the eye can see. My grandpa and grandma were paddy farmers in the village back in the days.

Living abroad made me miss the comfort of those home-cooked meals. Now, when I cook any Malaysian dishes, they bring back warm memories of being at home with my family.



Malaysian Fish Curry

serves 4



Ingredients:

- 500g whole fish or cutlets
*ie: pomfret, mackerel, snapper or any fish you prefer
- ½ cup thick coconut milk
- *water down with ½ cups of water
- 1 cup water *if needed
- 6-8 whole okra or lady finger
- 1 tomato cut into quarters
- 1 pc of dried tamarind slice
- Salt to taste
- ½ tsp sugar



Ingredients for stirfrying:

- 5 shallots sliced thin
- 3 cloves garlic sliced thin
- 1 stalk curry leaves
- 25g Malaysian fish curry powder (brands like Baba's or Adabi)
- *mix with hot water to form paste
- ½ cup cooking oil
- ½ tsp mustard seed
- ¼ tsp fenugreek seed
- ¼ tsp cumin seed
- ¼ tsp fennel seed



Mum's best tip is the “agak-agak” method, a Malay word which translated to “estimate” where you taste and season as you progress with the cooking.

Cooking method

STEP 1

Heat oil in a pan then fry the seeds and curry leaves (remove from stalk) until fragrant. Next stir in shallots and garlic until soft and brown.

STEP 2

Add in the curry paste mixture then add ½ cup water to rinse leftover paste on the bowl and pour in pan. Mix thoroughly to combine and let it cook and simmer until the oil starts to separate.

STEP 3

Next add coconut milk mixture and combine well. Season with salt and sugar. While simmering, taste the curry mixture and add water if too thick.

STEP 4

Add the okra and dried tamarind slice into the curry. Let it cook for 5-8 minutes until okra softens and the tamarind slice gives a tangy flavour.

STEP 5

Next, add fish cutlets gently into the curry mixture. Stir occasionally and let curry simmer until the fish is cooked through. Remove tamarind slice if needed.

STEP 6

Lastly stir in the tomato and cook for 1-2 minutes in the simmering curry before turning off the heat.

SERVE!

Serve curry with white rice and “sambal belacan” a Malaysian chilli condiment made by pounding fresh red chillis, fermented shrimp paste and lime juice in pestle and mortar. Season to taste.

