

King Prawn Korma

REF:

Serves 4

Cuisine: Indian

Preparation Time: 15 Minutes

Cooking Time: 30 Minutes

Ingredients:

4 tbsp	Rapeseed oil
3	5 cm cinnamon sticks
3	Bay leaves
10	Cardamom pods
1	Onion, peeled and sliced into fine half-rings
1.6 kg	King Prawns – shelled and deveined
3 tbsp	Grated fresh ginger
6	Garlic cloves, peeled and crushed
120 ml	Natural yoghurt plus 1 tbsp lemon juice, beaten until smooth
1 tsp	Salt
1-2	Hot green chillies, finely chopped

Method:

1. Put the oil into a large deep frying pan and set over a medium-high heat.
2. When the oil is really hot, add the cinnamon, bay and cardamom and stir-fry for 10 seconds as the spices sizzle.
3. Add the sliced onions and stir-fry for about 3 minutes or until they brown a little.
4. Add the ginger and garlic and stir-fry for 2 minutes.
5. Add the yoghurt and salt and stir and cook for 10 minutes.
6. Add the chillies and 3 tbsp of water and bring to a simmer.
7. Add the prawns, cover and lower the heat to a simmer.
8. Simmer gently for 10 minutes until the prawns are cooked through and tender. Very large prawns may take a bit longer.

To Serve:

Chef's Notes:

The korma should be a nice creamy texture and consistency – not thin and runny. Add a little coconut cream if necessary to achieve this.

This dish is supposed to be MILD but adjust the heat to your preference by adding more green chillies.