

Sri Lankan Fish Mouli - Barramundi in coconut

This wonderful recipe by Jimmy Shu for barramundi poached in coconut cream and lemongrass comes from The Great Australian Cookbook (The Five Mile Press). We have reproduced it exactly, as the result is exceptional. It is disarmingly straightforward. Much of the work can be done early and then the dish finished off quickly just before serving.

For four people:

- 600 g barramundi* fillets, skin removed, cut into chunky cubes
- 2 tbsp vegetable oil
- 180 g sliced red onion (1 large onion)
- 2 sticks lemongrass, bruised
- 3 red bird's-eye chillies, bruised
- 2 sprigs curry leaves (20 leaves)
- 15 g sliced ginger (walnut size)
- 200 g fresh tomatoes, in wedges
- 600 ml coconut cream
- 1 tsp turmeric
- 100 ml water (approximately)
- 1 tsp salt
- 1 tsp sugar
- fresh curry leaves, to garnish
- rice for steaming



** Use wild barramundi if you can. If it is not available, try mullet or trevalla or check with your fishmonger.*

Method:

Season the fish with a touch of salt. (*Do this five to ten minutes before cooking.*)

Heat oil and stir-fry the onion, lemongrass, chillies, curry leaves and ginger over a medium heat, until the onions are soft. Add the tomato and cook for approximately five minutes.

Next, add the coconut cream and turmeric, bring to the boil and lower the heat. Add up to ½ cup of water if too thick. Add salt and sugar, and check the seasoning. (*The broth can be prepared in advance to this stage then reheated before the fish is to be added.*)

Gently add the fish pieces and poach in the coconut broth for just six minutes. Garnish with fresh curry leaves and serve immediately with some steamed rice and a crisp white wine.

Serve:

A small main course for four people or an entrée for more. Best served as a standalone dish.

Equipment:

Medium saucepan.

Difficulty and Time:

Not difficult (2/5). 10 minutes to prepare. 20 minutes to cook. Note: Do not overcook the fish.

Notes and variations:

- Try this recipe with other seafood, for example, scallops or prawn meat.