

Bengali Fishcake Curry

Serves 2

Fishcakes

300g fish
30g breadcrumbs
1 small onion, finely chopped
1 clove garlic, finely chopped
15g parsley, chopped
15g coriander, chopped
2 tsp ground cumin
 $\frac{3}{4}$ tsp salt
1 egg
 $\frac{1}{2}$ tin coconut milk
1 clove garlic
2cm piece of ginger
1 small onion
 $\frac{1}{4}$ tsp chilli powder (optional)
1 tbsp oil
 $\frac{1}{2}$ tsp ground turmeric
Small cinnamon stick
2 cloves
2 cardamom pods
1 bay leaf
3 peppercorns



1. Cut the fish into approx. 5mm pieces, mix with the remaining ingredients, divide into 4 pieces, form into patties and refrigerate for about 30mins to set.
2. Grind the peppercorns, cardamom pods and cloves in a mortar and pestel.
3. Roughly chop the onion, garlic ginger and blend with the coconut milk, turmeric and chilli powder.
4. Heat the oil in a large shallow pan, add the spice mix, cinnamon stick and bay leaf. Fry for a few moments to release the aromas.
5. Add the fish cakes to the pan and fry gently for 3 mins each side. Pour around the sauce and bring to a simmer.
6. Cook gently for 15mins without a lid, to reduce the sauce, turning the fish cakes a couple of times.
7. Serve with rice, naan or similar Indian bread.