TRADITIONAL GOAN COCONUT CURRY

INGREDIENTS

- Protein of your choice:
  - 6 eggs, hard-boiled

OR 2 boneless/ skinless chicken breasts, baked or grilled

OR 1 small pork tenderloin, roasted or grilled

OR 1 package firm tofu, cut into bite-size pieces (no need to pre-cook)

OR 1 fish fillet or 12-16 shrimp (frozen, thawed; no need to pre-cook)

- For the curry:
  - 2 Tablespoons (15 mL) cooking oil
  - 1 large onion
  - 1 garlic clove
  - 1/2" (1.3 cm) piece of ginger
- Spices:
  - 1 teaspoon (5 mL) ground coriander
  - 1 teaspoon (5 mL) ground cumin
  - 1/2 teaspoon (2 mL) tumeric
  - 1/2 teaspoon (2 mL) chili powder
- 2 teaspoons (10 mL) tomato paste
- 1 Tablespoon (15 mL) Tamarind paste (optional)
- 2 cups (500 mL) coconut milk
- 1/4 cup (125 mL) fresh cilantro, chopped (optional)
- Cooked/pre=prepared rice (if desired)

INSTRUCTIONS

- Decide which protein you are going to use and pre-cook it (if necessary)
- Peel and chop the onion, garlic and ginger into very small pieces
  - To make the curry:
- Using a large skillet on the stovetop, turn the heat to medium-high and add 15 mL/2 Tablespoons of cooking oil (any kind). Heat for a couple of minutes, then add onion, garlic and ginger; cook until soft (about 5 minutes)
- Add all the spices and tomato paste; stir and cook until you notice the oil separating out
- Stir in the coconut milk and add Tamarind paste (if using) - *as a substitute you can add 2 tsp brown sugar + 2 tsp. white vinegar*
- Stir everything and slowly bring to a gentle boil (you may need to increase the temperature on the cooktop)
- Once bubbling, add the protein of your choice; simmer gently as the gravy thickens and the protein heats/cooks
- Sprinkle with chopped cilantro leaves (if using) and serve with hot/cooked rice