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