

# Pan seared Bream with Kerala curry sauce and Lemon Rice – Vivek Singh

Serves 4

## Ingredients

4 fillets of black bream (seabass or sea bream will also work), cleaned and trimmed  
20ml oil  
½ tsp salt  
2g black onion seeds  
3g Fennel seeds

## For the sauce

50ml oil  
2 sprigs curry leaves  
½ tsp mustard seeds  
1 white onion, finely chopped  
½ tsp red chilli powder  
2 tomatoes chopped  
2 tbsp tamarind paste  
100 ml coconut milk  
100 ml fish stock  
½ tsp salt  
Pinch sugar  
1 tbsp chopped green coriander

Mixed salad or young spinach leaves to garnish

## Method

### For the sauce:

Heat oil in a deep pan, add the mustard seeds and curry leaves, when they crackle and pop, add the onions and sauté till soft and begin to change colour. Add the red chilli powder and cook further for 30 seconds.

Add the tomatoes with the tamarind and cook till the tomatoes leaves water and is almost dry. Add the coconut milk and simmer

When it thickens, add the fish stock and thin it, boil and reduce to a flowing consistency.

Add the salt and sugar, sprinkle with chopped coriander.

### To cook the fish:

Sprinkle the fish with salt, fennel seeds and black onion seeds evenly.

To cook the fish, heat oil in a flat pan, sear the fish skin side first for 3 minutes cook till crisp and turn it over and cook further for 2 minutes to cook through. Remove from pan on to kitchen towel and keep warm.

This dish is well complimented with lemon rice and nice tossed young spinach leaves

# Lemon rice

## Ingredients

400 g boiled basmati rice\*  
2 tbsp oil  
10 curry leaves  
1 tsp mustard seeds  
1 tsp chana dal (available in supermarkets and health stores) (optional)  
½ tsp white urad lentils (optional)  
½ tsp ground turmeric  
Juice of 2 lemons  
1 tsp salt  
Pinch sugar

## Method

Heat oil in a pan, add the mustard seeds, chana dal and white urad lentils and let them crackle. When they start changing colour, turning almost golden, add the curry leaves. Add the turmeric (you may sprinkle some water to avoid turmeric burning)  
Add in the salt and sugar and lemon juice and mix well, add the tempering into the boiled rice.

## To plate

Place rice on the plate, and then pour the sauce next to it. Place the cooked fish onto the sauce and serve garnished with young spinach leaves.

### \*To boil rice

Rinse and soak raw rice for 15-20 minutes in cold water.

Boil more than double quantity of water than rice, when boiling. Add the soaked and drained rice.

Boil for 15 minutes until grains are long and soft but not mushy. Drain to remove excess liquid.

For 4 people you will require 200 grams of rice.