



KERALAN REPERTOIRE :
FISH MOLEE + VEGETABLE STEW

We're just a little obsessed with these two final recipes shared by Chef Pradosh of Karma Chakra, Kerala, India. The first is a delicious Kerala-style Fish Curry cooked in coconut milk, and the second is an aromatic Vegetable Stew made with spices, curry leaves and more coconut milk! We can't choose - why not give both recipes a go and impress your family and friends at your next dinner party?!

Kerala Style Fish Molee

Fish Molee is a Kerala style Fish Curry where fish is cooked in a coconut milk based gravy. Enjoy this curry with a bowl of steamed rice or appam. The colour of the Fish Molee is slightly yellowish. You may balance the colour and taste using a red chilli powder of your choice. Here is how to make Fish Molee:

To marinate the fish

250 gm Fish (sliced into steaks)
½ tsp Turmeric Powder
2 tsp Lemon Juice
½ tsp Black Pepper Powder
Salt to taste

2 Cups Onion (thinly sliced)
2 tsp Ginger (nely chopped)
1 tsp Garlic (chopped)
1 cup Tomato (chopped)
½ tsp Turmeric Powder
Salt to taste

For the curry

2 tbsp Coconut Oil
1 tsp Mustard Seeds
10-12 Curry Leaves
3-4 Green Chillies (slit lengthways into halves)

½ tsp Black Pepper Powder
1 tsp Red Chilli Powder
200 ml Thin Coconut Milk
300 ml Thick Coconut Milk
1 tbsp Tamarind Paste
½ tsp Kerala Garam Masala (optional)



For marination

- Add all the ingredients for marinating the fish in a bowl and mix well.
- Marinate the fish for 30 minutes.

For the curry

- Heat oil in a pan.
- Slightly fry the marinated fish in the oil then transfer to a plate and keep aside.
- In the remaining oil add mustard seeds, curry leaves and green chillies and fry for a few seconds.
- Add onion, ginger and garlic and fry till onion turns translucent.
- Add tomatoes and cook for a minute.
- Add turmeric powder, salt, black pepper powder and red chilli powder and cook for a minute.
- Add thin coconut milk and bring the curry to a boil.
- Drop in the fish pieces once the curry comes to a boil.
- Cook for 5-6 minutes.
- Add thick coconut milk and tamarind paste and cook for a minute.
- Add Kerala garam masala and mix well.



Kerala Style Vegetable Stew

Kerala vegetable stew is an aromatic, mildly spiced, creamy, veggie-packed coconut curry. Stew, or ishtu as it's called in Kerala, is a type of curry made with whole spices, curry leaves and coconut milk.

Ingredients

- 2 tablespoons coconut oil
- 3 green cardamom pods
- 3 whole cloves
- 1- inch cinnamon stick
- 1 onion sliced
- 1 serrano pepper slit but still intact
- 1 teaspoon minced ginger
- 15-20 curry leaves

Vegetables

- 1 pound oury potatoes, peeled and chopped (approx 3 cups)
- 2 cups cauliflower orets
- 1 cup frozen peas
- 1 cup chopped carrots
- 1 cup chopped green beans
- 1 ¼ teaspoons salt to taste
- ¾ teaspoon freshly ground black pepper
- ¼ teaspoon homemade Kerala garam masala (different from other garam masalas)
- 1 can + 1 cup full-fat canned coconut milk divided



Instructions

- Add the coconut oil to a pressure cooker and once it melts, add cardamom, cloves, cinnamon. Once fragrant, add onion, serrano, curry leaves, ginger and saute for 3-4 minutes, or until the onions soften (no need to brown) and become fragrant.
 - Add the veggies, salt, pepper, homemade Kerala garam masala and 1 can of coconut milk.
 - Secure the lid, close the pressure valve and cook for 3 minutes at high pressure.
 - Quick release.
 - Pour in the remaining cup of coconut milk. Bring to a boil, adjust salt and pepper to taste.
- OR:
- Melt coconut oil in a Dutch oven or heavy-bottomed pot over medium heat.
 - Add the whole spices and after a minute, add the onion, serrano, ginger and curry leaves to the pot and stir-fry for 3-4 minutes or until the onions soften and become fragrant.
 - Add the veggies, salt, pepper, homemade Kerala garam masala, 1 can of coconut milk and ½ cup of water (making this on the stovetop requires adding some water) to the pot and bring the curry to a simmer, then cover the pot with a lid and reduce the heat to low. Cook for 10-15 minutes, or until the potatoes are tender.
 - Pour in the remaining cup of coconut milk, bring the mixture to a boil then turn off the heat. Adjust the amount of salt and pepper to taste.