



Pan fried rawas fillets with quinoa upma and kairi curry sauce



Chef Rahul Akerkar (India)

Serves: **4**

Ingredients:

For the kairi curry

100 g green mango
15 g basmati rice
25 g jaggery (otherwise panela or cane sugar)
1 tsp turmeric powder
½ tsp fenugreek seeds
½ tsp black mustard seeds
8-10 curry leaves
120 ml light coconut milk
300 ml vegetable stock
30 ml sunflower or groundnut oil
Salt

For the quinoa upma

150 g quinoa (red, white and black)
200 ml vegetable stock
15 g onion, chopped
5 g green chilli, chopped
½ tsp black mustard seeds
½ tsp turmeric powder
5 g almonds
5 g cashew nuts
5 g raisins
5 g parsley, chopped
5 g chives, chopped
6-8 curry leaves
10 ml olive oil
1 lemon
Salt
Pepper

For the rawas

500 g rawas fillet
(can be substituted by any firm white fish such as snapper or grouper).
Clarified butter
Juice from 1 lemon
Salt

Preparation:

- Start by preparing the kairi curry. Peel the mango, separate the flesh from the seed and cut into large cubes. Boil these in 150 ml of vegetable stock and half the turmeric powder, until tender.
- Drain the water and blend the mango into a smooth paste with a food processor.
- Dry fry (no oil) the rice in a pan on high heat, until it begins to brown. Remove immediately and grind into a fine powder.
- In a heavy-bottomed saucepan, heat the oil on high heat and temper the fenugreek and mustard seeds. Then add the remaining turmeric powder and the curry leaves.
- Next, add the mango purée to the tempered spices, mix well and cook on low heat until the purée starts to bubble. At that precise moment, add the remaining vegetable stock (150 ml) and the coconut milk and simmer on low heat for a short while. Make sure the heat is low to prevent the coconut milk from 'curdling'.
- Add the rice flour to the mixture and gently simmer until the sauce starts to thicken. Season with salt.
- Add the jaggery or panela to the sauce and continue simmering until it completely dissolves to give the sauce its bittersweet taste. If using cane sugar or panela, add a teaspoon of tamarind paste. Set aside and keep the sauce warm until serving.
- Continue by preparing the quinoa upma. Pour the vegetable stock into a pan and bring to the boil. Remove from the heat and add the quinoa. Cover the pan with transparent plastic film and leave for 15-20 minutes until the quinoa softens.
- Heat the oil in a pan on high heat and add the black mustard seeds. Once the seeds start to pop, add the turmeric powder, chopped onion, chilli, raisins, cashew nuts, almonds and curry leaves and sauté on low heat until the onions become translucent and the cashew nuts a little brown.
- Add the softened quinoa to the pan and combine well with the sautéed spice mixture. Season with salt, pepper and lemon juice and sprinkle with chopped parsley and chives. Set aside.
- Before serving, cut the fish into 4 fillets of approximately 125 g each, with skin. Season the fillets with the lemon juice and salt, and brown them in a pan with clarified butter, skin side down, until the fish is done and the skin is crispy. Remove from the pan and gently remove excess butter with a paper towel.
- Serve the fish with the quinoa upma and kairi curry.



Tip:

To make clarified butter, place the butter in a pan over medium heat. Avoid pre-heating the pan and leave it uncovered. When you see a solid frothy white layer forming on the surface, remove from the heat. Skim off the white layer and strain the liquid through a cheesecloth filter. Let cool and store in the refrigerator.



About this dish:

For this recipe the chef used quinoa instead of semolina, which is normally used to make upma, a traditional breakfast dish in South India. Upma is cooked as a thick porridge containing roasted semolina and various condiments and vegetables. The kairi (green mango) curry sauce is an adaptation of a distinctly "bittersweet" curry that is made with jaggery, green mango and coconut milk.

