



South Yorkshire
Fire & Rescue
WORKING FOR A SAFER SOUTH YORKSHIRE


Maltby
masterchef

SPICY Salmon Curry

QUICK! AFFORDABLE! LOCAL!

Serves: 5 – 6 people
Time to cook: 60 minutes

Ingredients

Spice Mix (add first)

- 1 teaspoon ground peppercorns and coriander seeds
- 1 teaspoon paprika
- ½ teaspoon garam masala
- 2 teaspoons cumin seeds
- 2 teaspoons lovage seeds (you can substitute celery seed or celery salt)
- ½ teaspoon flaked red chillies – add more or less to your taste!
- 2 teaspoons turmeric
- 5 cloves garlic – finely chopped
- 1½ inch slice ginger, finely chopped

Add second

- Small tin of chopped tomatoes
- 2 fresh tomatoes
- 1 or 2 green chillies – deseeded and chopped

Tarka Mix

- 4 cloves garlic – finely chopped
- 1 teaspoon lovage seeds
- 1 teaspoon cumin seeds
- 3 tablespoons vegetable oil
- 1 cup of freshly boiled water
- Garnish: ½ bunch of chopped coriander

Do it Rotherham

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Optional

Small tin of sweetcorn, small bag of frozen garden peas

How to Cook

1. Cut the salmon into large chunks and place in a bowl.
2. Add all the spice mix, 5 cloves of garlic and the ginger to the fish in the bowl.
3. Toss the fish in the mixture so that it is fully covered with the spices.
4. Add the tinned tomatoes and sliced fresh tomatoes along with the chillies.
5. Toss the fish gently to mix in the rest of the ingredients.
6. Leave aside for 10 minutes.
7. Heat the vegetable oil (about 3 table spoons) and fry the lovage seeds (if you have them) until almost black.
8. Add the cumin and fry for 5 seconds.
9. Then add the remaining 4 cloves of chopped garlic and fry until slightly golden.
10. Add the fish mixture to the pan and cook on medium heat moving the fish around, by moving the pan, until oil begins to separate from spices.
11. Optional - add the peas and sweet corn and cook for 5 minutes
12. Add the cup of freshly boiled water and bring to the boil. Simmer for 2 minutes.
13. Add the chopped coriander, remove from heat.



Trevor Bernard and Sam Mitchell

CONGRATULATIONS TO OUR WINNING CHEFS

South Yorkshire Fire and Rescue:

Team 'Food Fighters': Trevor Bernard and Sam Mitchell

To serve

- Boiled Basmati rice or wholegrain rice
- Side salad



Cook on medium heat moving the fish gently