



Mild Prawn Curry

This is a wonderful curry recipe by Oliver, the son of talented artist duo Anna Gustafson and Paul Burke of Blue Horse Gallery on Salt Spring Island. everyone in the family is a brilliant cook! Oliver sent us this recipe to inspire you to break out the curry any night of the week!

Ingredients:

2 TBL ghee or oil
1 yellow onion, finely sliced
1 tsp sugar
Salt and black pepper to taste
1-2 TBL Moghul Curry
5-6 garlic cloves, crushed
1-inch thumb ginger, grated
1.5 TBL balsamic vinegar
4 tomatoes, diced
4 new potatoes, cut in small cubes
1 sweet red pepper, diced
1 can chickpeas, rinsed and drained
1 can coconut milk
2 TBL cilantro, chopped
Squeeze of lemon

For the Prawns

2 TBL olive oil or butter
20 fresh prawns, shelled and deveined
1 tsp Moghul Curry
Salt to taste

Garnish

Cilantro
Lemon slices

Instructions:

1 - Place a heavy bottom pot on medium heat
2 - Add ghee or oil, then add onions and cook for 5 minutes.
3 - Add the sugar, pinch of salt and some freshly ground pepper.
4 - Add moghul curry and cook 1 minutes.
5 - Add the garlic and ginger and cook 1 minute.
6 - Add balsamic vinegar. Turn heat up a little and reduce all liquid to next to dry.
7 - Add the diced tomatoes, cook for 5 minutes until thickened.
8 - Add sweet pepper and potatoes. Cook for another 5 minutes.
9 - Add the chickpeas and coconut milk and season. Bring to a boil, then reduce to a simmer and cook covered for 10-15 minutes or until potatoes are tender. Add cilantro and lemon. Adjust seasoning. Turn off heat and keep warm.
10 - Prepare shrimp: In a frying pan on high heat, add olive oil or butter. add prawns and 1 tsp Moghul Curry and salt, cook for 1-2 minutes per side until prawns are just cooked through. Don't overcook.
11 - Add shrimp to curry pot and mix to coat. Let sit 5 minutes.
12 - Serve with jasmine rice.
13 - Garnish with cilantro and lemon slices and some pepper flakes if you wish.

Spices Used: Moghul Curry