



Zanzibar FISH Curry

- 1 x T-spoon Turmeric
- 1 x T- spoon Coriander Powder
- 1 x T – spoon curry Powder
- 1 x Cinnamon stick
- 1 x Handful fresh Coriander (carefully washed and roughly chopped)
- 1 x Onion finely chopped
- 2 x Cloves Garlic
- ¼ finely chopped red Chili
- Salt and Black Pepper to taste
- 300ml Coconut Milk cubed in 2cm cubes
- 80ml oil (preferable Palm or Olive Oil)
- 800g Peeled Tiger/ Medium Prawns

Method:

Heat Wok or Frying Pan, add oil and All vegetables and spices , sauté 4 to 5 minutes till an aroma is released, add all the coconut milk and then the fish Cubes.

Rice is a staple in Zanzibar but an alternative option is **Ugali** – a thick porridge similar to Polenta.

Ugali:

1 1/4liter water
250g Wheat Flour

Bring water to a boil and slowly add Flour – stirring till the consistency is like Pancake Mixture, continue cooking till thickens and has been boiling gently for 45 minutes (till the Starches implode and expand in the mixture and the Ugali is now cooked.