



# Sugar Apple

Posts From The Caribbean

## **Fish Head Curry**

Don't throw those fish heads away! They're full of sweet, tender meat. Bones adapted this sweet and sour, hot and spicy Singapore-style curry from a recipe in *A World of Curries* by Dave DeWitt and Arthur J. Pais. This is a wet and saucy curry, almost a soup. It can be eaten with rice and other curry dishes, or you can add another cup of water or fish stock for a full-on soup.

Bones used the head from a 20-pound mahi mahi but you could use grouper, snapper, cod or even salmon. If you don't have a large fish head, you can use 2 or 3 small ones (they freeze well so you can stockpile them until you have enough for a curry). Bones makes his own curry powder but any good quality curry powder will do; one blended especially for fish curry is preferable. You should warn guests that the large galangal slices and lemongrass stalks are not meant to be eaten. The chili peppers are, at least in our house.

*3 tablespoons vegetable oil*  
*2 stems of fresh curry leaves*  
*a 1" piece of galangal, peeled and sliced into coins (or substitute ginger)*  
*3 cloves of garlic, peeled and minced*  
*2 medium onions, peeled and sliced*  
*3 tablespoons curry powder*  
*1 cup coconut milk*  
*1-2 cups water (depending on the size of your fish head)*  
*2 tablespoons tamarind paste*  
*2 stalks of lemongrass, trimmed and bruised with the flat side of a knife*  
*1 teaspoon salt*  
*1 teaspoon brown sugar*  
*3 tomatoes, coarsely chopped*  
*5-10 red chili peppers, cut in half lengthwise*  
*1 large fish head, cleaned (should weigh between 2-3 pounds)*  
*3 small eggplants, sliced into 1/2" rounds*  
*1 small green (unripe) mango, peeled and sliced into 1/4" julienne*  
*fresh cilantro for garnish*

Dissolve the tamarind paste in the water and set aside.

Heat the oil in a wok set over high heat. Add the curry leaves and galangal and fry for 2 minutes. Add the onions and garlic and fry until soft and browned at the edges. Add the coconut milk, curry powder and lemongrass and cook for 5 minutes.

Add the salt, sugar and tamarind water and bring to a boil. Simmer for 5 minutes. Add the fish head, chili peppers, eggplant and mango and bring to a simmer. Cover and cook over low heat until the fish is cooked, about 45 minutes for a large fish head. Garnish with some chopped fresh cilantro and serve with steamed rice. *Serves 4.*

<http://www.abigailblake.com/sugarapple>

from the article *Bourdain, Bones and a Fish Head Curry* posted on June 15, 2010