



# Coconut Coated Fish Curry

A RECIPE BY IAN DE HOEDT, HEAD CHEF AT MIDDLETON HALL RETIREMENT VILLAGE

## Ingredients

Serves 1

- 4oz Cod Fillet
- 150g Desiccated Coconut
- 1 Egg
- 100g Plain Flour
- 150ml Whole Milk
- 4 Tablespoons of Vegetable Oil
- 2 Tablespoons of Butter
- 5 Lime Leaves
- 4 Whole Cloves
- 2 Slices of Lemon
- 1/2 Diced White Onion
- 1 Tablespoon Garlic Powder
- 1/2 Yellow Pepper
- 1/2 Red Pepper
- 50g Fish Stock
- 1 Tablespoon of Turmeric
- 400ml Coconut Milk
- Salt
- Pepper
- 50g Fresh Coriander

## Directions

1. Whisk the egg and milk together and gradually add the plain flour to create a thick batter. Coat the cod fillet in the batter and then roll in the desiccated coconut.
2. Slowly heat 2 tablespoons of the oil in a frying pan before placing the coated Fish Fillet in the pan, fry until golden brown. Place the fish in a preheated oven at 160` Celsius for 20 minutes.
3. Whilst the fish is baking, gently heat the remaining oil in a saucepan with the butter before adding the lime leaves, cloves and lemon slices.
4. Add the white onion, garlic powder and mixed peppers and gently cook for 6-7 minutes.
5. Stir in the fish stock and turmeric and cook over a low heat for 5 minutes.
6. Add the coconut milk and simmer for 10 minutes.
7. Season with salt and pepper to taste and garnish with fresh coriander. Serve the curry in a shallow dish with the baked cod fillet on top and rice of your choice.



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