



## Cobia Coconut Curry



### Ingredients

**Serves 4**

1½lb skinless cobia fillet, cut into bite sized pieces  
4 tablespoons of flour  
4 tablespoons oil  
2 onion, sliced  
4 garlic cloves  
6 cardamom pods, broken open  
6 cloves  
5cm (2 inch) cinnamon stick  
5cm (2 inch) piece fresh ginger root, peeled and chopped  
2-4 green chillies, depending on heat desired, deseeded  
1½ teaspoons turmeric  
1 teaspoon coriander  
1 teaspoon cumin  
Juice of one lemon

1 x 400ml (14oz) can coconut milk  
Salt  
A few sprigs of chopped coriander leaf (cilantro)

### **Method**

Coat the cobia pieces with flour. Heat the oil over a fairly high heat and fry the fish for a few minutes to brown it all over. Remove from oil and set aside to drain on kitchen towels.

Add the onions and garlic to the pan and fry over a moderate heat, adding the cardamom, cloves and cinnamon stick after a few minutes. Next, stir in the ginger and chillies. Cook a little longer until the onion just starts to turn golden, and then add the turmeric, coriander and cumin. Continue stir frying for a few minutes more. Next, add the lemon juice, coconut milk and salt to taste. Simmer uncovered for 10 to 15 minutes until the sauce has thickened, stirring occasionally.

Now return the cobia pieces to the pan and fold carefully into the sauce. Cook over a moderately heat for a further 5 minutes until the cobia is cooked through. Stir in the chopped coriander and serve with rice.

**Recipe compiled by Marine Farms Belize**