

Coconut Shrimp Curry II

Gholam Rahman
Palm Beach Post

Servings: 6

1 pound shrimp, peeled and deveined
1 medium onion, chopped
3 cloves garlic
1 1-inch piece fresh ginger, peeled and chopped
3 tablespoons oil
1 medium onion, thinly sliced
1 teaspoon turmeric powder
2 teaspoons coriander powder
1/2 teaspoon cayenne pepper powder
1 teaspoon whole black peppercorns
2 tablespoons butter
1 can coconut milk
1/2 teaspoon salt (or to taste)
pinch sugar
8 to 10 Kaffir lime leaves, each torn in two

Wash and drain the shrimp and set aside.

Now go about making the gravy, which is the most important step. Make a paste of the onion, garlic and ginger in a mini-blender, or mince them on a board as finely as possible, using a chef's knife. Set aside.

In a deep 10-inch frying pan, heat the oil and add the sliced onion. Cook and stir until the onion is soft. Take care not to brown it, lowering the temperature if needed. Add to the pan the reserved onion-garlic-ginger mixture, the turmeric powder, coriander powder, cayenne powder and the whole peppercorns.

Continue cooking, stirring frequently. This will form the base of the gravy. Add a small amount of water if the mixture sticks or begins to brown. Up to this point, it should take about 15 minutes. Add the butter in several slices.

Cook, stirring, until the butter melts and a nice and thick golden gravy develops, about 2 minutes more. Stir in the coconut milk, the salt and the sugar. Raise the heat and cook, stirring often, until the sauce thickens, 15 to 20 minutes. Don't let the sauce stick. Some golden oil will separate and float up; in Indian cooking the sauce is generally not smooth and homogenous.

Now add the Kaffir limes leaves and the reserved shrimp. Cook, stirring and coating the shrimp with the sauce, for about 5 minutes more, or until the shrimp are done. Do not overcook at this point or the shrimp will toughen.

Serve with hot cooked rice.

Per Serving (excluding unknown items): 288 Calories; 22g Fat (66.3% calories from fat); 17g Protein; 8g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat.