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TURMERIC FISH CURRY WITH YOGURT FLATBREAD



IRISH YOGURTS

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Turmeric Fish Curry with Yogurt Flatbread

Recipe by Chef Eunice Power

Ingredients

- **Fish Curry**
- 200g basmati rice
- 450g fish (cod, haddock, ling) cut into chunks
- 2 tsp ground turmeric
- 250g Irish Yogurts Clonakilty Greek Style Natural Live Yogurt
- 2 garlic cloves



- Good knob of butter
- 1 medium onion
- 1 tsp ground coriander
- 1 tsp garam masala
- Handful fresh coriander
- **Yogurt Flatbread**
- 175g self-raising flour, plus extra for dusting
- 2 teaspoon baking powder
- 175g Irish Yogurts Clonakilty Greek Style Natural Live Yogurt
- 1 garlic clove
- A bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill
- 20g unsalted butter

Directions

- **For the Flatbread**
- Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
- Dust a clean work surface with flour, then tip out the dough. Knead for a minute or so to bring it all together (this isn't a traditional bread receipt, so you don't need to knead it for long – just enough time to bring everything together).
- Put the dough into a floured-dusted bowl and cover with a plate – then leave aside.
- If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher. Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then set aside
- Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal sized pieces (roughly the size of a golf ball). With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
- Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end. Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs. Brush the flatbreads all over with the herby garlic butter as they come off the griddle & serve
- **For the Fish Curry**
- Put the rice in a lidded saucepan with 240ml water and a pinch of salt. Bring to the boil, cover tightly, then turn down the heat to as low as it will go and cook for 15 minutes, without removing the lid.
- Chop the fish into chunks. In a bowl, mix the turmeric and yogurt, then crush in the garlic. Season well, gently stir in the fish to coat and leave to marinate for 10 minutes
- Meanwhile, melt the butter in a large wok or frying pan over a low-medium heat. Chop the



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onion, add to the butter and stir. Fry gently for 10 minutes or until softened.

- Add the ground coriander and garam masala, stir for 1 minute, and then add the fish and marinade to bring to a simmer. Cover and gently simmer for 7 minutes or until the fish is cooked through. Add a splash of water if you think it needs it. Taste, seasoning if necessary.
- Take the rice off the heat, remove the lid and fluff up with a fork. Chop the fresh coriander. Serve the curried fish in bowls along with the rice, sprinkled with the fresh coriander