

THAI RED RAY CURRY



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INGREDIENTS

- 70g Blue Dragon red curry paste
- 3 tbsp peanut oil
- 400g prepared ray from Apolónia fish counter
- 1 tin coconut milk Desiam or Blue Dragon (400ml)
- 150g pumpkin
- 1 small aubergine
- 1 yellow pepper
- 2 small turnips
- 2 tbsp Desiam fish sauce
- 1 tbsp light brown sugar
- 2 sprigs basil

METHOD

Cut the ray fillet into regular chunks • Heat the oil in a pan and mix in the curry paste • Add the vegetables in cooking order (the crunchiest first) and then coat well in the paste • Season with fish sauce and sugar • Add the coconut milk and leave to simmer • After 6 or 7 minutes add the ray and cook according to when the fish looks cooked through • Flavour with the basil and serve with white rice

Tip: You can also flavour with dried kaffir lime leaves

Recommended drink: Matcha green tea