Scup Curry

Submitted by: Mariama Jallow

PREP TIME: 20 mins  COOK TIME: 40 mins
SERVES: 4

INGREDIENTS:

- 1 medium onion
- 4 cloves garlic
- ½ red bell pepper
- 4 tablespoons butter
- 1/4 cup curry powder
- 1 tablespoon kosher salt
- ½ tablespoon ground black pepper
- ½ cup coconut milk
- ½ tablespoon tomato paste
- 1 cap lemon juice
- 1 cap vinegar
- 8 pieces Scup fillets

DIRECTIONS:

Marinade Scup fillets in a bowl with lemon juice, vinegar, salt and pepper. In a small bowl, mix curry powder with coconut milk. Puree onion, garlic and bell pepper. In a medium sauce pan, melt butter on low heat. Add puree to melted butter. Cook covered for about 15 minutes (stir occasionally). Add tomato paste and blend. Mix in the curry coconut milk mixture. Let simmer 15 minutes. Season to taste with pepper and salt.

Add Scup fillets gently on top of simmering mixture. Do not stir. Simmer on low (to avoid burning sauce) for about 8 minutes or until cooked.

If coconut milk is not available, you may use any brand cream.

You may also add more lemon and vinegar to the sauce before putting in the scup fillets according to your taste.

Recipe provided courtesy of the Commercial Fisheries Research Foundation.