



Toothfish Cheek Madras

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Nutritional Info: Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

Tips: A curry recipe using Toothfish cheeks which is a 'firm' favourite because of its unique texture.

Even if you do overcook this one a bit the cheeks will hold their shape. Rupert describes the method as "dead easy" with a delicious result which reheats really well—make a bit extra for an easy lunch the next day.

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Ingredients

- 8 – 10 Toothfish cheeks, cut into chunks
- 2 tins chopped tomatoes (400g)
- 1 onion
- 3 cardamom, crushed
- 6-8 cloves
- 2 bay leaves
- 1 dessert spoon cumin seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon coriander seeds
- Chilli flakes (1 – 2 teaspoons, depending on taste).
- 1-2 dessert spoon turmeric

Method

1. Fry onion, add cloves and bay leaves, cumin, cardamom pods, fenugreek coriander and cumin seeds. Stir in well.
2. Have tomatoes ready, tin opened. Add turmeric and chilli to pan. Stir.
3. Add tomatoes, preferably just *before* the chilli catches .
4. Simmer gently for 10-15 minutes.
5. Add chunks of toothfish cheeks and simmer gently for another 8-10 minutes.
6. Serve with rice or flatbreads.



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