



Toothfish Meen Moilee

Rupert Jarvis



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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: Rupert described this recipe as incredibly delicious and as "simple as can be." It is based on a traditional boatman's curry, cooked on deck out of the day's catch. The name of the dish has an interesting and amusing history behind its origin. Many years back when the Portuguese arrived in the Indian state of Kerala, they were served an extremely spicy dish which was just too hot for them to handle. So, a local lady named Moily added coconut milk and made the dish palatable for the foreigners and that's how the dish got its legend name of Meen(fish) Moilee.

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Ingredients

8—10 Toothfish Cheeks

1 teaspoon each turmeric and salt mixed together to rub into the cheeks

1 onion

3 cloves crushed garlic

Fresh chilis to taste (or half a teaspoon of crushed chilis)

400 ml coconut milk

Additional teaspoon tumeric

Method

1. Cut the toothfish cheeks into chunks and rub with the salt and tumeric.

2. Gently fry the diced onion, cloves of crushed garlic and chilies until the onion is translucent, but nowhere near brown.

3. Add another 1 teaspoon turmeric, pour in 400 ml coconut milk, add the toothfish cheeks and poach gently for 8-10 minutes.



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