



Toothfish cheek Katsu Curry

Created by Roddy Cordeiro



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Nutritional Info: Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked. Omega-3 fatty acids contribute to brain and visual development in children, and contributes 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. Chickpeas are a good source of dietary fibre and plant-based protein.

Toothfish Month prize winning recipe from Roddy Cordeiro.

A quick and easy curry that Toothfish Cheeks works so well with. The firm texture is perfect for frying and dipping in any sauce, but do try Roddy's Katsu Curry before you create your own.

Toothfish Cheek Katsu Curry

Ingredients:

For the cheeks:

800g-1kg of toothfish cheeks (cut larger ones in half)

Seasoned plain flour, to coat

2 beaten eggs

Breadcrumbs, to coat

Sunflower oil to fry

For the sauce:

2 tbsp of sunflower oil

1 medium onion, finely diced,

1 large carrot, grated

4 large garlic cloves, crushed

1 2.5cm chunk of ginger, grated

2 tbsp plain flour

2 tbsp curry powder

250ml chicken stock

250ml coconut milk

2tbsp soy sauce

Method

1. Drain the toothfish cheeks well. To coat them, dust them in the seasoned flour and shake off any excess before dipping them in the beaten egg, making sure they are covered all over. Let the excess egg drip off before rolling them in the breadcrumbs, again, making sure they are covered all over. Once all the cheeks are coated leave in the fridge to chill while you make the sauce.

2. Put the 2 tbsp of oil in a pan (ideally a largish saucepan that you can use a stick blender in) and soften the carrots and onions over a low heat for about 10 mins.

3. Once the onions are translucent, throw in the garlic and ginger and fry for a minute.

4. Put in the flour and curry powder and stir well before putting in the stock, coconut milk and soy sauce. Let simmer over a low heat for about ten minutes.

5. Once the sauce has cooked, blend it down until smooth. Reduce down further if required or let sit until ready to serve.

6. To fry the toothfish cheeks (if not using a deep-fat fryer) put enough oil in a sauce pan to cover them (about an inch). Heat the oil to low/medium and cook them for about 5-6 minutes (try the first one and see if it's done!). Take out of the oil and let excess oil drain off on a piece of kitchen paper.

7. Serve with plain white rice and garnish with spring onions or fresh coriander. Ladle the sauce over the rice and cheeks as Desired, serve and enjoy!



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