

Jamaican fish and pineapple curry with amchar masala By Ghillie Basan

Serves 4

Ingredients

2 good-sized mackerel, gutted, and filleted
2-3 teaspoons *amchar masala
2 tablespoons coconut, peanut, or rapeseed oil
2 onions, halved and finely sliced
1-2 fresh Scotch bonnet chillies, seeded and finely sliced
2 teaspoons jaggery, palm or coconut sugar, or honey
1 teaspoon crushed allspice berries
half a small pineapple, peeled, cored and cut into chunks
1-2 tablespoons coconut or cider vinegar
2 x 400g tins chopped tomatoes
Sea salt
Bunch of fresh coriander, roughly chopped

Method

1. Sprinkle the 4 fillets with a little salt and a teaspoon of amchar masala. Heat the oil in a heavy based pan and sear the fillets skin-side down for 1-2 minutes. Then remove them from the pan and put aside.
2. Stir the onions, garlic, chillies, ginger, coriander seeds and allspice berries into the oil and cook for about 2 minutes. Add the jaggery, coriander seeds and toss in the pineapple, coating it in the onions and chillies. Stir in the amchar masala, vinegar and tomatoes with half the fresh coriander, bring the liquid to the boil, then turn down the heat and cook gently for about 15 minutes, until the mixture is quite saucy.
3. Season the mixture with salt, then slip in the mackerel pieces, cover with the lid, and cook gently for 2-3 minutes, until the fish is cooked through. Sprinkle the rest of the coriander over the fish.

*Amchar masala (roasted coriander and cumin seed spice mix from Trinidad)

3 tablespoons coriander seeds
2 tablespoons cumin seeds
1 teaspoon black peppercorns
1 teaspoon fennel seeds
1 teaspoon fenugreek seeds

Dry roast all the spices and grind to a powder. Store in an airtight container.