



## SINGAPORE WONDER SAUCE

# Fish Head Curry



The Wonderful Flavours of Fish Head Curry, Use only the Highest quality ingredients that represents the finest sauce of the dish.

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# Singapore Fish Head Curry

Required Ingredients (1-2 Servings)

## SINGAPORE WONDER SAUCE

Wonderful Singapore Dishes

Serving Suggestion :

Pork belly, Cucumber Slices, omelette slices and spring onion oil

## Cooking Method

- 1.Add 1.5 teaspoon of tamarind oaste into a bowl filled with 100ml water. Mix well. Pour the tamarind solution into the fish and let it rest for 10 munites.
- 2.Bring garlic, shallot, ginger and dried chilies (soaked and deseeded). Set aside. Add water to curry powder and make paste.
- 3.In an empty wok heated at medium heat, toast rice until browned. Pound or blend toasted rice until fine. Set aside.
- 4.Heat 4 tablespoons of oil at medium heat. Saute onions until fragrant before adding curry leaves. Add mustard seeds and fenugreek seeds. Continue to sauteing until mustard seeds begin to pop. Add blended ingredients and curry powder paste. When oil begins to separate from the ingredients, add pounded toasted rice and water to wok. Increase heat to the maximum.
- 5.Once curry boils vigorously, add fish, aubergines, ladie's fingers and tomatoes. Reduce heat to the minimum and let it simmer until fish is cooked. It should take about 8 to 10 minutes if fish around 1 kilogram. Remove fish from curry once it is cooked. Leave aside. Add the rest of the tamarind paste, salt and sugar. Continue simmering for the next 40 minutes until the curry thickens.
- 6.Add fish head and the rest of the meat into curry. Increase the heat to allow it to boil. Once it boils, switch off the stove. Serve fish head curry with steamed white rice.

## Fish Head Curry

Nutrition Information

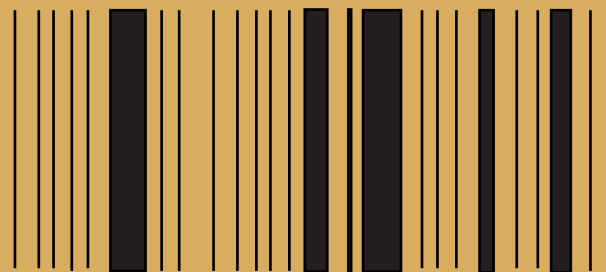
Serving Per Package 1-2

Serving size: 1 packet

Average Quantity	Per Serving	Per100g
Energy (kal)	30	5
Protien( g)	1	1.8
Total Fat (g)	5	8
Saturated Fat (g)	2	2
Trans Fat (g)	0	0.1
Cholesterol (mg)	0	0
Carbohydrate (g)	3	5.4
Dietary Fibre (g)	2	2
Sodium (mg)	40	80
Total Sugars (g)	2%	6

## Ingredients

Tamarind paste, garlic,shallots,curry powder, ginger,oil,mustard seeds,fenugreek seeds, curry leaves,yellow onion, aubergine, okra, tomato, sugar,salt



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Storage

Store in a cool, dry place.

Once opened, keep refrigerated and use within 3 days.

