

# AMBOT TIK

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## INGREDIENTS

for the prawns

20 Jumbo Prawns or Shrimp, cleaned and deveined

Enough water to soak the prawns completely

### Masala

8–10 dried Kashmiri Red Chillies

6 Garlic Cloves

1 teaspoon whole Peppercorns

1 tablespoon whole Coriander Seeds

1 teaspoon Cumin seeds

1 small knob of Tamarind (1 teaspoon Tamarind Paste)

1 teaspoon Turmeric Powder

1/2 cup grated Coconut

1 cup Coconut Milk

### Curry

2 tablespoons Coconut Oil

1 tablespoon finely minced Ginger

1/2 cup finely chopped Onions

1/2 cup finely chopped Tomatoes

Salt to taste

8–10 Curry Leaves

## METHOD

### Step 1

Rinse and pat dry your prawns and set them aside.

### Step 2

In a frying pan, gently heat the dried red chili, peppercorns, coriander seeds until just fragrant - remove from heat straight away and allow to cool.

### Step 3

Grind all the ingredients for the masala to a smooth paste and set aside.

### Step 4

In a pan, heat oil and add ginger and onions. Saute the onions till they are a light golden brown now add the tomatoes. Cook the tomatoes for 5-7 minutes till they break down easily with the back of a spoon.

### Step 5

Add the ground masala and salt to the pan and bring it to a boil. Reduce the flame and simmer the masala for 10-15 minutes till the color deepens slightly.

### Step 6

Add the prawns to the gravy and cook them for 7-8 minutes.

### Step 7

Sprinkle curry leaves on top, mix well and switch off the flame. Let the curry rest for 5 minutes before serving with steamed rice.

# THE COOKERY

by The Secret Jozi Chef