INDIAN · LUNCH · DINNER

Goan Fish Curry

45 min · Serves 4 · 234 kcal a serve · Video 13:55 · Your Food Lab

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

No oil is added: the curry gets its body from fresh coconut, tamarind and whole spices. Each serve gives about 24 g of protein and is rich in selenium and vitamin B6, with more than a day's vitamin B12.

Diet notes: Low carb (7.6 g net carbs) but not keto: 42% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 16 · SERVES 4

- [ ] 4 **kingfish** (surmai) slices, about 1–1 lb
- [ ] **salt** to taste (on the slices, the onion and in the curry)
- [ ] 1 cup **packed freshly scraped coconut** (from 1 coconut, about 3½ oz)
- [ ] 4–5 **dried Kashmiri red chillies**
- [ ] 1 tbsp **coriander seeds**
- [ ] ½ tsp **cumin seeds**
- [ ] 7–8 **black peppercorns** (optional)
- [ ] 5–6 **garlic** cloves
- [ ] 1-inch piece **ginger**
- [ ] **tamarind**, a marble-sized ball
- [ ] ½ tsp **turmeric powder**
- [ ] about 1½–2 quarts **water**, for a thin curry
- [ ] 1 small **onion**, finely chopped
- [ ] 1–2 **green chillies**, slit
- [ ] 3–4 pieces **dried kokum**
- [ ] ¼ tsp **triphal** (Goan Sichuan pepper), crushed (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Sprinkle salt over both sides of the fish slices, rub gently and refrigerate until needed. 1:56
2. Grind the scraped coconut with the Kashmiri chillies, coriander seeds, peppercorns, cumin seeds, garlic, ginger, tamarind and turmeric, adding water little by little, to a very fine paste. 3:23
3. Mix the chopped onion with a pinch of salt, squeezing it with your fingers. Put it in a clay pot or saucepan with the paste, rinse the grinder jar into it and add water (about 1½–2 quarts) for a thin curry. No oil is used. 6:54
4. Bring to the boil and cook 8–10 minutes. Add the slit green chillies and kokum and cook another 8–10 minutes until slightly reduced. 7:55
5. Slide in the fish and crush the triphal over the top. Do not stir; lift the pot with a cloth and swirl it gently to mix. 8:56
6. Taste for salt, then cook 8–10 minutes (6–7 for smaller pieces) until the fish is just done. Serve hot with rice. 10:05

> **Tip** Mackerel or pomfret work instead of kingfish. Frozen grated coconut is an easy swap for fresh, and the paste freezes well in batches. For the Saraswat (hooman) style, leave out the onion and garlic.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
234 kcal	**24** g	**11** g	**3.7** g	**11** g	**450** mg
980 kJ	48% of a day	7.6 g net · 3.8 g sugars	13% of a day	8.3 g saturated	19% of a day
		4% of a day		14% of a day	

Energy from net carbs 13% · protein 43% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 120% · Selenium 80% · Vitamin B6 32%

Source of (10–19%) Omega-3 16% · Potassium 14% · Magnesium 14% · Iron 13%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=6Tme3rLiFzg, published 7 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/goan-fish-curry-no-oil