

# HAKE IN A CREAMY CURRY SAUCE WITH A HERBY MASH

*If you love butter chicken, then you're going to love this hake in a creamy curry sauce even more. A butter chicken spice mix is usually made up of a variety of aromatics like ordinary paprika, ground cinnamon, coriander, cumin, turmeric, fennel, cayenne pepper and curry leaves. Sometimes it can also include cardamom, fenugreek and fennel. This flavourful sauce is absolutely divine with the delicate hake and the herby mash that soaks up the delicious sauce.*



## INGREDIENTS

**Serves 4–6**

### Curry

20 ml (4 tsp) olive oil  
1 large onion, finely chopped  
15 ml (1 tbsp) of your favourite butter chicken spice mix, or more to taste (see tip)  
1 clove of garlic, crushed  
30 ml (2 tbsp) coarsely grated fresh ginger  
300 ml tomato puree  
6–8 fresh or dried curry leaves (optional)  
250 ml (1 cup) chicken stock or Rooibos tea  
about 900 g frozen line fish portions like hake, semi-thawed  
250 ml (1 cup) plain double cream yoghurt  
black pepper to taste

### Mash

8–10 medium potatoes in the skin  
salt and black pepper to taste  
60 ml (¼ cup) milk  
30 ml (2 tbsp) each chopped fresh coriander and Italian parsley  
5 ml (1 tsp) prepared mustard  
more fresh coriander and Italian parsley to serve

## METHOD

- 1. Curry:** Heat an AMC 30 cm Gourmet Paella over a medium temperature until the Visiotherm® reaches the first red area. Add the oil and sauté the onion for a few minutes until slightly softened.
- 2.** Add butter chicken spice and sauté until aromatic. Add the garlic and ginger and fry for a few minutes.
- 3.** Reduce the heat, add the tomato puree, curry leaves and stock or tea. Bring to a gentle simmer and cook for 10 minutes until thickened slightly.
- 4.** Add the fish and cook with the lid for 20–25 minutes or until the fish is just cooked through. Turn the fish over once during this time to coat with the sauce. The thickness of the portions will determine the cooking time. Cooked fish flakes easily with a fork.
- 5. Mash:** Meanwhile, place potatoes with some salt and about 2 cups of water in an AMC 24 cm Gourmet High. Bring to the boil and reduce the heat. Simmer for 20–30 minutes or until the potatoes are soft. Drain and peel potatoes. Mash the potatoes until smooth. Add the milk, chopped herbs, mustard and season to taste. Fold in until well incorporated.
- 6.** Remove the Paella from the heat and gently stir in the yoghurt without breaking the fish apart. Season with pepper.
- 7.** Serve fish on mash with spoonfuls of the creamy sauce. Garnish with fresh herbs.

### TIP:

- Take note that a butter chicken spice mix can often contain salt, so taste the sauce before you add more salt.
- Freeze any leftover tomato puree from the tin for later.
- If you want the sauce to be spicier, you can add fresh or dried chilli or cayenne pepper.