

Shrimp Malai Curry



Sirve:

6 servings, 4 shrimp per serving.

Pieza:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
3.5 Qt. Double Walled Bowl
7" Santoku Knife

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

This traditional Bengali curry is usually made with shell-on prawns. Toasting the prawns in the shell with spices adds an additional layer of flavor to the rich sauce. If prawns are not available, use larger sized shrimp that have been deveined with the shell on.

Use your 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

Serve dish with [2 Click Rice](#), which is easily made in the Multi-Purpose 5 Qt. Oil Core (MP5)

1 ½ pounds
prawns or extra-large shrimp (u-15), shell on and deveined
(680
g)
½ teaspoon
turmeric powder
(1
g)
1 teaspoon
salt
(6
g)
1 red chili pepper, broken in half
2 bay leaves
2 teaspoons
garlic, shredded, use Cone #1
(6
g)
1 ½ teaspoons
fresh ginger, shredded, use Cone #1
(3
g)

1 large
 onion, minced
 1 teaspoon
 cumin powder
 (3
 g)
 ¼ teaspoon
 chili powder
 (1
 g)
 2 cups
 fresh tomatoes, chopped
 (360
 g)
 15 ounces
 coconut milk
 (445
 mL)
 ½ cup
 water
 (120
 mL)
 ½ teaspoon
 garam masala
 (1
 g)
 salt and fresh ground pepper, to taste

Preparación :

1. Place shrimp in a bowl and sprinkle turmeric and salt over shrimp. Toss shrimp to combine and let shrimp marinate while gathering the remaining ingredients.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 minutes, add shrimp. Cook for 2 - 3 minutes on each side until shrimp turns an orange-pink color.
3. Remove shrimp from skillet and set aside. (Shrimp will not be fully cooked.)
4. Add red chili pepper and bay leaves to skillet and sauté for 1 - 2 minutes.
5. Add garlic, ginger and onion and sauté for 4 - 6 minutes until onions soften.
6. Add cumin and chili powder to sautéed onions. Stir to combine.
7. Add tomatoes, coconut milk and water. Stir to combine.
8. Add shrimp back into skillet and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 5 - 7 minutes.
9. Remove cover and add garam masala. Stir and cook for 5 minutes until sauce is slightly reduced.
10. Taste and add extra salt or pepper as desired.

Consejos:

- Garam masala is a common spice mixture used in North Indian and Asian cuisines. The blend of spices varies from region to region, but generally includes nutmeg, mace, cinnamon, cloves, peppercorns, cardamom, cumin and bay leaves.

Información nutricional por ración

Calorías: 164
Grasa Total: 4g
Grasa 2g
Saturada:
Colesterol: 172mg

Sodio:	568mg
Carbohidratos:	8g
Fibra	2g
Dietética:	
Azúcar:	3g
Proteína:	25g
