

CAJUN CALDIN

(Dolly & Flipper)

(A robust “fusion” of Goan, Portuguese and Cajun cuisines)

Ingredients (A)

2 tbsp oil (corn/vegetable/olive)
2 medium onions, finely chopped
2 medium tomatoes chopped
2 fresh garlic cloves
1” ginger, finely chopped
1 tsp each cumin, pepper, coriander
1 tsp each turmeric, salt and chilli powder

Ingredients (C):

3 lbs boneless white fish cubes
(salmon or mackerel, kingfish,
prawns, scallops, tuna, bass
3 sprigs coriander leaves finely
chopped

Ingredients (B):

1 medium can coconut milk
2 tbsp ketchup
2 tbsp regular or grainy dijon
mustard.
2 splashes tabasco sauce
2 green chillies, seeds removed, sliced
lengthwise
¼ cup tamarind juice
¼ cup Goa vinegar or white vinegar
¼ cup dry white wine/chardonnay
(drink the rest)
1 tsp sugar.

Method:

- ❖ Sauté Ingredients (A) in oil in a large frying pan on medium heat (10 minutes)
- ❖ Mix Ingredients (B) in a bowl and pour over sautéed ingredients (A). Stir well on medium heat. (10minutes)
- ❖ Gently place seafood (C) in caldin. Spoon gravy over seafood. Simmer (10 minutes)
- ❖ After seafood is cooked, sprinkle coriander leaves over caldin and serve with steamed rice
- ❖ For a touch of Thai/oriental flavour, add 1 teaspoon fish sauce liquid or anchovy paste to caldin.
- ❖ Adjust quantities and cooking style to suit your taste and health concerns.

(If the caldin is spicy, cool off with a Mango lassi/kulfi or call 911 for heat relief)