

## David's Indian Coconut Shrimp 2 Versions

### Version One Ingredients:

- 1-1.5 Pounds of boiled shrimp or (baked fish or chicken)
- 1 Bunch of green onions (chopped) or small white onion (minced) [optional]
- 1/2 Cup of minced fresh cilantro leaves
- 1/2 Tsp of ground cumin seed
- 1/4 Tsp of red pepper or grated ginger (to taste)
- 1/4 Tsp of salt
- 2 Tsps of curry powder
- 1 14 oz can of fire roasted tomatoes
- 1 14 oz can of coconut milk or cream
- 1 4 oz can of diced green chili peppers (or 1 chopped fresh green chili pepper)
- 1/2 Cup of shredded unsweetened coconut (for sugarholics sweetened coconut)
- 1 Tbsp garam masala

### Method:

Boil shrimp and drain ahead of time or buy already cooked shrimp, or  
bake fish (I use Tilapia filets) or chicken (I use thin sliced breast meat) ahead of time

In a large, deep skillet heat a small amount of coconut oil.  
Add and sauté onions over medium heat,  
Next add the can of green chilies (drained) or chopped fresh chilies.  
Continue sauté and add in the roasted tomatoes (drained),  
Stir in ground cumin seed, red pepper, salt, and curry powder.  
When all ingredients are hot and well mixed reduce heat to low,  
Add the can of coconut milk and blend in with other ingredients,  
Next add shredded coconut stir in to the other ingredients,  
Next add the shrimp or other meat and mix with the sauce.  
Let simmer until meat is heated and turn the heat off.

If ready to serve, remove skillet from the heat source and sprinkle with the gram masala as a garnish. If not read to serve, place a lid on the skillet and let stand until ready to serve.  
The residual heat from the heating source should keep the dish warm for a short wait.  
When ready to serve, remove lid and sprinkle with gram masala.

Serve this dish over brown basmati rice or alternatively riced cauliflower.  
I soak my rice with a little lime juice for an hour or longer and stir it occasionally.  
Thoroughly drain rice before adding to cooking water.  
I put a couple of tablespoons of coconut oil in my cooking water and a bay leave.  
Add salt to cooking water according to taste.  
I cook my rice in an electric rice cooker.  
For riced cauliflower, I steam it in the bag or in a steamer in a pan.

### Version Two Ingredients:

- 1-1.5 Pounds of boiled shrimp or (baked fish or chicken)
- 1-1.5 Cups of shredded unsweetened coconut (sugarholics use sweetened coconut)
- 1-1.5 Cups of diced mango fruit (or substitute apricot or mandarin oranges)
- 1 14 oz can of coconut milk or coconut cream
- 1 Tbsp of minced fresh cilantro leaves
- 1/4 Tsp of ground cumin seed
- 2 Tsps of curry powder
- 1/2 Tsp of cardamon
- 1/2 Tsp garam masala

### Method:

Boil shrimp and drain ahead of time or buy already cooked shrimp, or bake fish (I use Tilapia filets) or chicken (I use thin sliced breast meat) ahead of time

In a large, deep skillet over low heat, heat coconut milk.

When the milk is warm stir in all the seasonings.

Next add shredded coconut stir in to the seasoned coconut milk.

Next add the shrimp or other meat and mix with the sauce.

Finally, turn off the heat and add the diced mango.

If ready to serve, remove skillet from the heat source.

If not read to serve, place a lid on the skillet and let stand until ready to serve.

The residual heat from the heating source should keep the dish warm for a short wait.

Serve this dish over brown basmati rice or alternatively riced cauliflower.

I soak my rice with a little lime juice for an hour or longer and stir it occasionally.

Thoroughly drain rice before adding to cooking water.

I put a couple of tablespoons of coconut oil in my cooking water and a bay leave.

Add salt to cooking water according to taste.

I cook my rice in an electric rice cooker.

For riced cauliflower, I steam it in the bag or in a steamer in a pan.