

David's Indian Mango Shrimp

Ingredients:

1-2 Pounds of boiled shrimp or (baked fish or chicken)
2 Tbsp of minced fresh mint leaves
1/4 Tsp of ground cumin seed
1/4 Tsp of red pepper (optional)
1/4 Tsp of salt
1/2 Tsp of Saigon cinnamon powder
1/8 Tsp of Cardamom
1/2 Tsp of Garam Masala
1 10 oz package of frozen mango pieces (use fresh if available)
1 Cup of coconut milk
1/2 Cup of shredded coconut
1-2 Tbsp mango jam (can substitute apricot jam)

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 shrimp over medium heat, sprinkle with cumin powder, red pepper and salt,

Add half of the coconut milk and mix in minced mint,

Next whisk together the rest of the spices and the jam with the remaining coconut milk (if you want the sauce to be less sweet reduce the amount of jam or leave it out),

Stir into the shrimp and coconut milk the blend of coconut milk, spices and jam,

Add the shredded coconut and the mango pieces.

If a thinner sauce is desired add more coconut milk until the desired consistency is achieved.

When all ingredients are hot reduce heat to simmer or turn off, if ready to serve.

If ready to serve, remove skillet from the heat source and sprinkle with some additional gram masala as a garnish.

Serve this dish over brown basmati rice or white, if you must.

I soak my rice for an hour or longer with a little lime juice in the water.

Stir occasionally while soaking.

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.