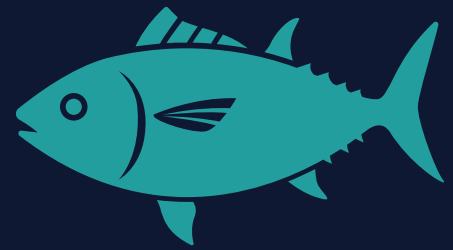




Royal College
of Physicians



Cook along with
Dr Saliha
Mahmood Ahmed



Curried poha rice and smoked mackerel in south Indian sambal sauce with fresh green chutney

Serves 2

Ingredients

For the pressed rice:

1 red onion
3 tablespoons of olive oil
Handful curry leaves
1 teaspoon mustard seeds
1 teaspoon cumin seeds
½–1 teaspoon chilli flakes
(to your taste)
½ teaspoon turmeric powder
1 finely diced courgette
Handful of dried coconut flakes
3 large handfuls of pressed flaked
rice (poha/pawa rice)

Juice of 1 lemon

Salt to taste

½ bunch fresh coriander

3–4 fillets of smoked mackerel (or
any other smoked oily fish of your
desire)

For the green chutney:

125g cashews (raw, unroasted)
125g golden sultanas, 60g
chopped coriander, 1 green chilli,
75 ml lemon juice

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Method

Fry the onion in olive oil until light golden.

Now add the curry leaves, mustard seeds, cumin seeds, chilli flakes, coconut flakes and turmeric. When the spices have roasted and the mustard seeds start popping, add the courgettes.

Fry them off on a rapid heat so they just cook through – this only takes 2–3 minutes on a high heat.

Now it is time for the rice. First soak handfuls of the rice in warm water and transfer immediately to the onion and courgette mixture. It is essential that the rice flakes are not soaked in water for too long as they will start losing their shape and can become soggy very easily.

Once the rice is added and combined with the onions and spices, it will take no longer than 1 minute for the rice to cook through.

Take off the heat and add the salt, lemon juice and chopped coriander leaves.

Flake the fish in with the rice, discarding the skin.

To make the chutney, soak the cashews and sultanas in water for 30 minutes. Drain and place in a small food processor with the remaining ingredients.

Puree to as smooth a consistency as you can with a few splashes of warm water. Season with salt to taste. Serve at room temperature. This chutney will keep for around 3–5 days in the fridge in an airtight container/ sterilised jar.

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