Pan of Bliss
Let's cook it real slow!

Prawn Curry With Raw Bananas (Kerala Style)

https://panofbliss.com/prawn-curry-with-raw-bananas-kerala-style/

Prep Time 1 hour hrCook Time 20 minutes minsTotal Time 1 hour 20 minutes

Ingredients

- 500 gms Fresh prawns
- 1 no. Raw Nendran Banana
- 1 tsp Turmeric powder
- 2 tsp Chilli powder
- 1 tsp Salt
- ½ tsp Roasted fenugreek powder
- 1 tbsp Tamarind pulp/paste

For Grinding

- 2 cups Grated coconut
- 1 tbsp Coriander seeds
- 3 nos. Shallots

For Seasoning

- 1-2 tbsp Coconut oil
- 1 tsp Mustard seeds
- 2 nos. Dry red chillies
- 3 nos. Chopped shallots
- 10-15 nos. Curry leaves

Pan of Bliss

Let's cook it real slow!

Instructions

Prawn Curry Preparation

1. Devein the prawns and wash them thoroughly. Marinate the prawns in turmeric, red chilli powder, and salt for 15 minutes. Wash and chop Nendran Banana into cubes. (It is optional to remove the skin of the banana. I prefer to leave it on. Wash the banana cubes in turmeric water to eliminate the sticky substance that raw bananas may have.
2. For the tamarind pulp, take a small lemon-sized piece of tamarind and soak it in warm water for 15 minutes. Once soaked, squeeze out the pulp and set it aside.

Coconut mixture

1. Heat one tablespoon of coconut oil in a medium pan until warm. Add two cups of grated coconut and fry it on low heat, stirring continuously to prevent sticking to the bottom of the pan.Next, add three shallots and one teaspoon of coriander seeds to the coconut. Stir the mixture on low flame until the coconut turns light golden brown. Once done, switch off the stove and allow the roasted coconut to cool. When cooled, grind the mixture into a fine paste, adding water as needed. Set the paste aside.

Cooking the Prawn Curry

1. Transfer the marinated prawns to a deep pan with half a cup of water. Slow cook for 10 to 15 minutes, until the prawns are cooked. Meanwhile, take a medium-sized pan, and cook the raw bananas until tender. Transfer the cooked bananas to the prawn curry and blend.In the next step, incorporate the ground coconut mixture into the curry. Mix well and simmer for 1 minute. Next, add tamarind pulp to the curry, and let it simmer for 1 minute. Mix well and simmer for another 1 minute.

Seasoning in a small pan

1. Heat some coconut oil in a small seasoning pan. Add mustard seeds and allow them to splutter. Toss in some dried red chilies, followed by chopped shallots. Saute until they are translucent. Add curry leaves and mix well to combine. Pour this seasoning over the prawn curry, then sprinkle half a teaspoon of roasted fenugreek powder over the curry and blend everything. For an aromatic finish, drizzle some fresh coconut oil over the curry.Serve hot with rice for a delightful meal!

Notes

Notes & Tips Fresh or Cold Storage Prawns? If fresh prawns are unavailable, cold-storage prawns can be used. To achieve the best flavor and texture, thaw the prawns before cooking. Adjust the heat level of the spices as per your taste. Spices such as red chili powder can be reduced or increased to suit your personal preference, mild or fiery! Watch the cooking time Prawns cook very quickly. Be cautious not to overcook or undercook them.