



Serves 6

## Ingredients

- 500 g salmon fillets
- 7 ml/1½ t salt
- 10 ml sugar
- 1 slice bread
- 1 tin coconut milk
- 1 onion – finely chopped
- 30 ml/ 2 T sunflower oil
- 5 cm – fresh ginger – grated
- 1 clove garlic, finely chopped
- 5ml/ 1t cumin seeds
- 5 ml/ 1t coriander seeds
- Seeds from 4 cardamom pods
- 5 ml / 1 t turmeric
- 15 ml/ 1 T curry powder
- ½ of a 410 g tin, chopped peeled tomatoes
- 2 bay leaves
- 2 sticks cinnamon
- 2 x-large eggs

## Method

Preheat the oven to 180°C.

Season the salmon with half the salt and place on a baking sheet.

# *three streams*

Bake for about 10 - 15 minutes or until the salmon is cooked through.

While the salmon is cooking, place the bread in a bowl, pour over a little coconut milk and leave to soak.

Heat a pan over a medium heat and gently fry the onion in the sunflower oil, then add the ginger, garlic, spices and curry powder.

Stir-fry the mixture for 2 minutes, then add the tomato. Cook until reduced and the mixture starts to thicken.

Squeeze the excess milk from the bread and add the wet bread to the tomato mix. Add the other half of the salt and the sugar.

Remove the skin from the salmon, flake the fish and add to the spicy sauce. Stir until combined, then transfer to a baking dish and add the bay leaves and cinnamon sticks.

Beat the eggs with the remaining coconut milk and pour over the fish. Bake for 40 to 45 minutes, or until the custard is set and the edges browned.