

INGEBRETSEN'S FAMILY RECIPES

CURRIED FISH BALLS

SERVES 4

INGREDIENTS

ONE 28-OZ CAN OF PLAIN FISH BALLS, HALF OF THE LIQUID DRAINED
1 TABLESPOON BUTTER
2-3 CLOVES GARLIC
1 SMALL LEEK, SLICED WITH SOME GREEN PARTS OR 2-3 GREEN ONIONS
2 LARGE CARROTS, CUT IN COINS
2 TABLESPOONS BALTI CURRY MIX OR SIMILAR CITRUSY CURRY POWDER
(YOU MAY WANT TO START WITH 1 TABLESPOON AND ADD TO TASTE.)
1/2 TEASPOON GINGER
2 TABLESPOONS FLOUR
3/4 CUP WHIPPING CREAM
1/2 CUP FROZEN PEAS (OPTIONAL)
1/4 CUP CILANTRO OR FINELY CHOPPED PARSLEY
1 DICED TOMATO

DIRECTIONS

SAUTE CARROTS, LEEK, AND GARLIC IN THE BUTTER UNTIL SOFTENED.
ADD BUTTER AS NEEDED.
ADD THE CURRY POWDER AND GINGER. MIX THOROUGHLY.
SLOWLY ADD THE CREAM, THEN SPRINKLE IN FLOUR, STIRRING CONTINUOUSLY.
WHEN THE SAUCE THICKENS, ADD THE LIQUID FROM THE FISH BALLS AND STIR. COOK THE LIQUID DOWN TO YOUR DESIRED CONSISTENCY.
RINSE THE FROZEN PEAS IN COLD WATER, THEN ADD TO THE FISH AND SAUCE.
SERVE OVER RICE, TOPPED WITH CILANTRO AND CHOPPED TOMATOES.

THIS CAN ALSO BE SERVED OVER SMALL BOILED OR MASHED POTATOES.

Vær så god!

RECIPE COURTESY OF CARSTENS SMITH

A decorative border surrounds the central text, featuring stylized yellow flowers and leaves on a white background. The border is composed of repeating floral and leaf motifs, with small blue dots interspersed between the elements.

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