

CURRY ON LIKE A PRO

With

SHEMIN'S

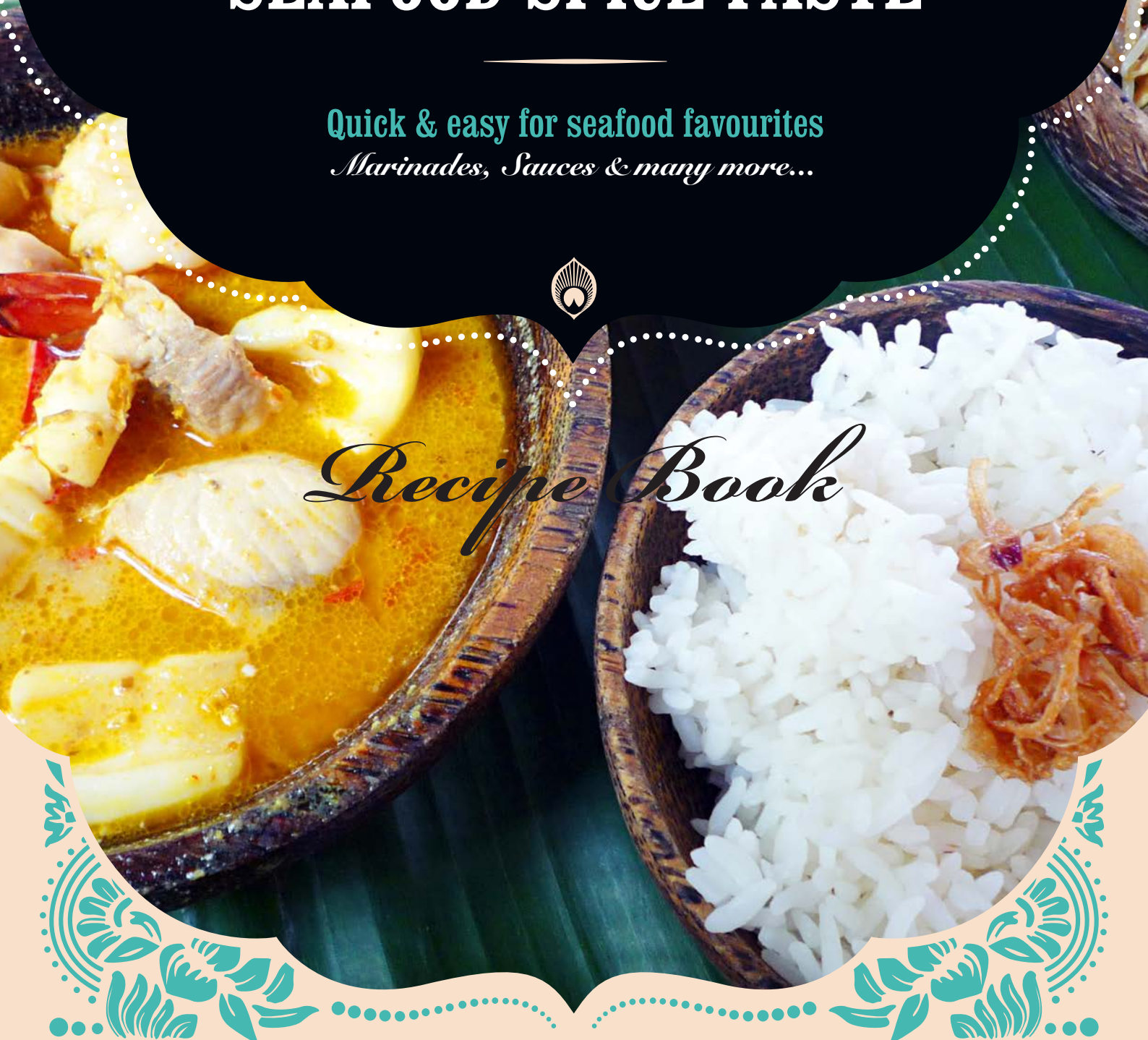
Fresh Herb

SEAFOOD SPICE PASTE

*Quick & easy for seafood favourites
Marinades, Sauces & many more...*



Recipe Book



SHEMIN'S

Our fresh and natural seafood spice paste is the perfect way to spice up your seafood. Great for curries, marinades and not just for seafood, it is also a fantastic base for all the vegetable curries in our Indian recipe book.

We love cooking with seafood in our house, it is a great addition to your diet, you can add fantastic flavour with our paste and bring a new dimension to you home cooking. These dishes remind me of growing up in Uganda where we always had the best seafood meals, all quick and easy to make and a joy to eat!

Shemin

Say hello! Get in touch and tell us about your adventures with Shemins!

 www.facebook.com/SheminsCurryPaste

 [@sheminspastes](https://twitter.com/sheminspastes)

 [Shemin's Curry Paste](https://www.youtube.com/Shemin's%20Curry%20Paste)

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Make sure you have signed up to our newsletter for delicious new recipes every month at

www.shemins.co.uk



CURRY TIPS

Seafood Spice Paste

- Shemin's Seafood Spice Paste is perfect as a base for vegetable and lentil curries. Try using chickpeas or kidney beans to make lentil curries. The tamarind in the spice paste gives vegetable curries a piquant flavour.
- You can use any fish with Shemin's Seafood Spice Paste including salmon, seabass, seabrim, cod, haddock etc... As soft fish tends to break up in curries when stirring, stir very gently or pick up the pan and stir by swirling the mixture.
- When making a prawn or fish curry, remember it only takes a few minutes for the fish to cook, so add them when your curry sauce is finished.
- A fantastically delicious but simple recipe is to rub a bit of Shemin's Seafood Spice Paste onto your fish, then bake, grill, barbecue or pan fry. Try to marinate your fish for at least 2 hours with Shemin's Seafood Spice Paste to let the flavour fully absorb.
- One of our favourite side dishes to our seafood recipes is masala chips. Simply mix Shemin's Seafood Spice Paste with oil and water, and brush over frozen chips or potatoes before cooking ,for masala chips or spicy baked potatoes.
- When pan-frying soft white fish, you can find that it breaks up. A great way to prevent this is to oven cook or grill the fish.
- Sprinkle some salt on the skin of the fish before pan-frying as it stops the skin sticking to the pan.



CURRY IN A HURRY RECIPES

Seafood Spice Paste

Sometimes the best things are the simplest. Our much-loved 'Curry in a Hurry' recipes are a great way to cook delicious, authentic curries in a flash! Add in your favorite ingredients at the last step and in ten minutes you will have a really authentic curry bursting with flavour.



OUR GREATEST LOVED CURRY IN A HURRY

Serves 6

Method

1. Fry one large onion until golden brown.
2. Stir in 100g Shemin's Seafood Spice Paste and then 400g chopped tomatoes. Cook gently for at least five minutes, adding a little water if the sauce gets too dry.
3. Add 900g of your favourite ingredients. Cook until done. Add juice of one lemon if you want.

+ VEGETABLES,
MEAT, FISH,
OR LENTILS



THE MENU

Salmon with Coriander Dahl and Rice	06
Coconut and Mango Monkfish Curry	07
King Prawn Pakoras	08
Prawn Tikka	09
Spicy Couscous Crusted Salmon	10
Korma Prawn Curry	11
Madras Shrimp Curry	12
Fish Masala Curry	13
Grilled Masala Fish	14
Spicy Chicken, Prawn and Corn Cakes	15
Spicy Salmon and Spinach Fishcake	16
Seafood Curry with Coconut	17
King Prawn Curry	18
Fried Squid Curry	19
Fish and Spinach in Coconut Sauce	20
Salmon and Prawn Pasta	21
Marinade for Fish	22
Crème Fraîche Dip	23
Chickpea, Tomato and Mango Salad	23
Kachumber Salad	24



SALMON WITH CORIANDER DAHL AND RICE

Here is another quick and delicious mid-week dinner with our salmon, coriander and dahl recipe. Its amazingly easy to follow and is a firm favorite in our house.



Ingredients

Serves 3-4

75g Red lentils

400ml Vegetable stock

1 small Onion grated

2 Tomatoes, chopped

20g Chopped coriander

50g Shemin's Seafood Spice Paste, plus a small amount for the salmon

2 x 130g Fillets of salmon

Groundnut oil or sunflower oil

60g Chopped coriander

Cooked basmati rice and naan bread, to serve

Method

1. Put the first 6 ingredients in a pan, bring to a simmer, cover and cook for 20 minutes until the lentils are tender. Stir in the coriander, to complete the dahl.
2. Rub the salmon with the oil, seasoning and a little of Shemin's Seafood Spice Paste. Grill for 6-7 minutes until just cooked. Break into large chunks and stir through the dahl. Sprinkle with chopped coriander. Serve with the rice and naan bread.

Tip

A great way to bring extra flavour to this dish is to marinate the salmon with Shemin's Seafood Spice Paste before starting the dahl. Even better to leave the salmon for a couple of hours in the fridge to marinate and really soak in the flavour.

COCONUT AND MANGO MONKFISH CURRY

Mango fish curry is a delicious spicy curry that is fragrant and has cut mango pieces. The sweetness from the mangoes along with the coconut in the curry and the aroma of fish all combine to form a perfect curry.



Ingredients

Serves 3-4

100g Shemin's Seafood Spice Paste

800g Monkfish fillets cut into 3cm pieces

400ml can Coconut milk

20g Coriander, roughly chopped

1 lime Grated zest and juice

200g Fresh cut mango pieces

Method

1. Heat a large frying pan until hot, then add Shemin's Seafood Spice Paste with 2 tps of water, fry gently and stir continuously for 1/2 min.
2. Add the coconut milk and bring to the boil. Add the monkfish then reduce and simmer for 5-6 minutes until the monkfish is cooked (it will be firm to the touch and opaque).
3. Add the coriander, grated lime zest and mango to the monkfish, and season to taste.
4. Cook over a low heat for a further minute. Spoon into a large serving dish and sprinkle with lime juice and coriander leaves.
5. Serve with boiled rice.

KING PRAWN PAKORAS

Prawn Pakora is a dish of prawns that have been battered in a spicy mix and then deep fried. This is a wonderfully tasty appetiser for seafood lovers.



Ingredients

Serves 2

400g Peeled and deveined raw king prawns or tiger prawns (thawed if frozen)

Sunflower oil for deep frying (see method)

Lemon wedges for serving

100g Chickpea flour

100g Plain natural yoghurt

5 tbsp Cold water

50g Shemin's Seafood Spice Paste

Method

1. Devein the prawns, then rinse them in cold water and pat dry with kitchen paper. It is important to dry prawns as the prawns will hold the batter better.
2. Pour the oil in to a large saucepan until it is a third full, roughly five centimetres deep, heat the oil until hot and a small ball of batter floats to the surface of the oil as soon as it is added. Do not allow the oil to overheat.
3. While the oil is heating make the batter. Mix the flour, yoghurt and cold water until smooth and thick (like double cream) and stir in Shemin's Seafood Spice Paste.
4. Add the prawns to the batter and toss thoroughly.
5. Using tongs lift the prawns out one at a time and lower them gently in to the hot oil.
6. Cook for 2-3 mins until they're golden brown, turning them every now and then.
7. Lift the prawns out with clean tongs or a slotted spoon and drain them on kitchen paper.
8. Serve with lemon wedges.

PRAWN TIKKA

These make a great starter or can form part of a main meal. King prawns are meaty enough to handle this wonderful tandoori marinade, simply delicious on the BBQ or cooked in the grill.



Ingredients

Serves 8

800g Peeled and deveined raw king prawns or tiger prawns (thawed if frozen)

Tikka Masala:

10 tbsp Plain natural yoghurt

100g Shemin's Seafood Spice Paste

1 tsp Shemin's Garam Masala

Method

1. To make the marinade, mix Shemin's Seafood Spice Paste, the natural yoghurt and Shemin's Garam Masala into a smooth paste.
2. Devein the prawns and put them in the marinade turning several times until thoroughly coated.
3. Take the prawns and thread them onto a long metal skewer, leaving 1-2 cm in between each prawn.
4. Place the skewers on a small tray lined with cling film and cover them with cling film, put in the fridge for 30-60 minutes.
5. Pre-heat the grill to its hottest setting and place the skewers on to a rack over a grill pan lined with foil. Slide the pan on the shelf as close as possible to the heat and cook for 2 minutes. Alternatively you can cook the prawn skewers on the barbecue.
6. Turn each skewer and cook on the other side for a further 2 minutes or until the prawns are completely pink and lightly charred in places.
7. Use a fork to slide the prawns off the skewer and onto a plate. Serve with salad.

SPICY COUSCOUS CRUSTED SALMON

I love salmon and couscous. Try this all-star, easy-to-follow salmon with a couscous crust which looks and tastes delicious.



Ingredients

Serves 2

110g Couscous

50g Shemin's Seafood Spice Paste

2 Large Scottish salmon fillets skinned, cod fillets, haddock or any farm fish.

2 tbsp Coriander, roughly chopped

Method

1. Pre-heat the oven to 200°C / gas mark 6.
2. Cook the couscous according to the instructions on the packet and allow to cool.
3. Mix Shemin's Seafood Spice Paste into the couscous.
4. Place the fish skin side up in an ovenproof dish.
5. Spoon the couscous mixture over the top.
6. Bake for 12-15 mins or until the top is golden and the fish is opaque, flakes easily and is cooked through.
7. Sprinkle with the chopped coriander.
8. Serve with salad leaves.

Tip

I also love using this recipe with cod fillets or haddock.

KORMA PRAWN CURRY

King Prawns cooked in mild, light and creamy rich gravy with a combination of Indian spices and coconut milk. Delicious!



Ingredients

Serves 4

1 tbsp Oil

1 Large onion chopped

400g Tinned chopped tomatoes

100g Shemin's Seafood Spice Paste

1kg Raw prawns thawed
if frozen and deveined

50g Ground almonds

100ml Double cream

25g Flaked almonds, toasted

Method

1. Heat the oil in a large saucepan and fry the onions until golden brown.
2. Add the tomatoes and Shemin's Seafood Spice Paste and cook gently for 10 minutes, adding a little water if the sauce gets too dry.
3. Stir in the ground almonds and double cream. Add the prawns and simmer for 10 minutes until the sauce is creamy and thickened, and the prawns are thoroughly cooked. Check the seasoning.
4. Garnish with toasted flaked almonds and serve with naan bread or steamed basmati rice.

MADRAS PRAWN CURRY

A rich tomato-based, medium-hot spiced curry, which is delicious served with naan bread and steamed rice.



Ingredients

Serves 4

1kg Prawns thawed

2-3 Green chillies (optional)

4 tbsp Cooking oil

3 Whole cloves

3-4 Whole cardamoms slightly crushed so that the pods are open.

2 Large onions (finely chopped)

100g Shemin's Seafood Spice Paste

400g Passata

1 tsp Shemin's Garam Masala

20g Coriander, roughly chopped

Method

1. Devein the prawns and chop up the chillies.
2. Heat pan and add oil, then add cloves and cardamom. Cook until they start to sizzle.
3. Put the onions in and fry them until they are golden brown. Add the chillies and Shemin's Seafood Spice Paste and stir. Cook very gently for 5 minutes adding a little water.
4. Turn the heat down to a little below medium, add the passata and then cook for 5-6 minutes.
5. Put the prawns in and stir and simmer for 7-8 minutes until done. Stir in the garam masala and the chopped coriander.
6. Serve with rice.

MASALA FISH FILLETS WITH SPICY POTATOES

I never get tired of fish. I can have it every day. This simple Masala Fish can be made quickly and easily, and tastes sensational.



Ingredients

Serves 3-4

850g Firm white boneless fish like halibut, ling, cod or haddock

100g Shemin's Seafood Spice Paste

1 tsp Salt

1kg Potatoes cut into french fries

3 tbsp Oil

250g Chopped tomatoes

1 tbsp Tomato paste

50ml Water

20g Coriander, roughly chopped

Method

1. Marinate the fish in salt for 30 minutes.
2. Brush the fish with oil, and grill or fry the fish on both sides until cooked. Keep warm.
3. Fry the potatoes separately and drain well. Keep warm.
4. In a frying pan heat the oil and add Shemin's Seafood Spice Paste. Cook gently for 1 minute.
5. Add chopped tomatoes, tomato paste and water.
6. Cook the sauce until nearly all the liquid has evaporated and the mixture is a thick sauce.
7. Coat each piece of fish well with the sauce and arrange on a plate.
8. Add fried potatoes to the remaining sauce and mix well.
9. Arrange with the fish.
10. Sprinkle with chopped coriander if desired.

GRILLED MASALA FISH

Think beyond burgers and hot dogs with this barbecue recipe for whole fish, salmon, tilapia, and more. Simple to make and delicious to eat.



Ingredients

Serves 4-6

2 medium Whole fish (eg. brim, snapper, sea bass - cleaned and scaled)

100g Shemin's Seafood Spice Paste

Juice of one lemon

3 tbsp Water

Method

1. To make the marinade, mix together Shemin's Seafood Spice Paste, water and lemon juice.
2. Clean the fish well. Slash the fish three or four times down each side and spread the marinade so that it's coated over and in the cuts of the fish. Leave to marinade for at least half an hour in the fridge.
3. Pre-heat the grill to the hottest setting and line the grill pan with oil. Place the fish on the pan and grill for 8-10 minutes on each side until the skin is crisp. Turn the fish carefully so it doesn't fall apart.
4. Serve with lemon or lime wedges.

Tip

A good way to tell if fish is cooked is to pull on the fins. If they come away easily, the fish is cooked.

SPICY CHICKEN PRAWN AND CORN CAKES

These taste just phenomenal. I could have devoured the entire batch myself they were so good. I would suggest making double!



Ingredients

Serves 4

2 Skinless chicken breasts

250g Raw tiger prawns peeled and deveined (thawed if frozen)

1 Egg white

100g Shemin's Seafood Spice Paste

50g Fresh breadcrumbs

195g Tinned sweet corn drained

4 Spring onions sliced

2 tbsp Sunflower oil

Method

1. Roughly chop the chicken breast and place in a food processor.
2. Add the prawns, egg white and Shemin's Seafood Spice Paste. Process until finely chopped.
3. Tip into a bowl; add the breadcrumbs, sweet corn and spring onion, and mix until combined. Using wet hands, shape the mixture into approximately 16 small patties.
4. Heat the oil to a medium heat in a large frying pan. Cook the patties in batches for about 4-5 minutes on each side until golden brown.
5. Drain on kitchen paper and serve with lime wedges.

SPICY SALMON FISHCAKES

Homemade fish cakes are so much better than shop bought ones. Try our fish cake recipe today and taste the difference!



Ingredients

Serves 4

450g Skinless boneless salmon fillets
 2 tbsp Olive oil
 450g Floury potatoes peeled and quartered
 1.75L Boiling, salted water
 175g Young leaf spinach washed
 Juice of half a lemon
 1tbsp Salt
 100g Shemin's Seafood Spice Paste
 2-3 tbsp Plain flour
 25g Butter

Tip

Potatoes varieties like Desiree, Estima, King Edward and Maris Piper have a fluffy, dry texture that makes them great for mashing or making chips.

Method

1. Pre-heat the oven to 190°C. gas mark 5.
2. Drizzle the salmon with a little oil then season, cover and bake for 15-20 minutes until cooked through. Let the fish cool, then flake the fish into pieces, you can use a fork to do this.
3. While the salmon is cooking, cook the potatoes in boiling water for 15 minutes or until tender.
4. Put the spinach in a sauté pan with 2 tbsp of water, cover and cook for 2-3 minutes until the spinach is wilted, drain well, cool and roughly chop the spinach.
5. Drain the potatoes thoroughly and mash until smooth.
6. In a large bowl, combine the mash potatoes, salmon, chopped spinach, lemon, salt and Shemin's Seafood Spice Paste. Check the seasoning. Divide the mixture into 8 equal portions and shape into patties.
7. Lightly coat the fishcake in flour, heat half the butter and 1tbsp of oil in a large frying pan, add the four fishcakes and cook for about 4 minutes on each side until golden brown. Heat the remaining butter and oil in the pan and cook the remaining fish cakes in the same way.

SEAFOOD CURRY WITH COCONUT

This Indian fish coconut curry is a great example of a delicious meal which takes less than 20 minutes to make.



Ingredients

Serves 4-5

2 tbsp Vegetable oil

1 Large onion chopped

100g Shemin's Seafood Spice Paste

400ml Coconut milk

600g Firm white skinless and boneless fish
eg. cod or monkfish cut into large cubes

700g Raw peeled prawns

1-2 tsp Lemon juice

20g Coriander, roughly chopped

Method

1. Heat a pan with oil over a medium heat.
2. Fry the onions until golden brown.
3. Stir in Shemin's Seafood Spice Paste and cook for a further minute.
4. Pour in the coconut milk and bring gently to the boil.
5. Simmer for 10 minutes.
6. Add the fish and prawns.
7. Cover and simmer for 10 minutes until the prawns have turned pink and the fish is opaque.
8. Add the lemon juice and season to taste with salt and some black pepper if desired.
9. Garnish with chopped coriander
10. Serve with basmati rice.

KING PRAWN CURRY

Spice up your mid-week meals with a curry in a hurry. Bursting with flavour, our prawn curry can be made as hot as you like - add fresh chillies for a little bit more spice if you like extra heat.



Ingredients

Serves 3-4

- 1 tbsp Oil
- 1 Large onion, sliced chopped
- 1 Green pepper, diced
- 400g Can chopped tomatoes
- 50g Shemin's Seafood Spice Paste
- 500g Raw king prawns, washed and cleaned
- 3 tbsp Coconut cream (optional)
- 2 tbsp Coriander, roughly chopped
- 1 tsp Lemon juice

Method

1. Heat the oil in a pan.
2. Add the onions and fry on a medium heat until golden brown. Add the diced peppers and fry for 2 minutes.
3. Add Shemin's Seafood Spice Paste and cook gently for 2 minutes. Add chopped tomatoes and simmer for at least five minutes. If the sauce gets too dry add a little water.
4. Add in the coconut cream if desired.
5. Add the prawns and simmer gently until the prawns are cooked and turned pink.
6. Add lemon juice, season to taste and garnish with chopped coriander .
7. Serve with rice or noodles.

Tip

Try grilling or pan-frying the prawns instead of poaching in the sauce to add extra texture to the dish.

FRIED SQUID CURRY

King Prawns cooked in mild, light and creamy rich sauce with a combination of Indian spices and coconut milk. Delicious!



Ingredients

Serves 4

1kg Squid

2 Medium onions finely sliced

100g Shemin's Seafood Spice Paste

1 Cinnamon stick

3 tbsp Vinegar

750ml Coconut cream

2 tbsp Oil for frying

Method

1. Clean the squid, removing the ink sac and discard the head, cut into rings, then put in a deep saucepan with all the ingredients except the oil.
2. Bring to the boil and then simmer for 1 hour until the squid is tender and the sauce is well reduced, then strain the squid from the sauce and set the sauce aside.
3. Heat the oil in a wok or pan and stir-fry the squid until golden brown and slightly crispy at the edges.
4. Remove the squid and mix it into the sauce, season to taste before serving.

Tip

You can buy frozen squid instead of fresh, but make sure it's thoroughly defrosted.

FISH AND SPINACH IN COCONUT SAUCE

Poaching in coconut milk and aromatic spices is a lovely way of cooking fish. You can do chicken breast this way too. These flavours take me back to Uganda, where we cooked some of the best fish dishes.



Ingredients

Serves 4

- 1 pack 200g Washed spinach leaves
- 850g Firm fish like cod, haddock or tilapia
- 400ml Can coconut milk
- 100g Shemin's Seafood Spice Paste
- 2 tbsp Basil leaves or coriander chopped
- Juice of 1 lemon or lime

Method

1. Heat up oven to 180°C, gas mark 4.
2. Arrange the fish over the spinach in a single layer.
3. Mix the coconut milk, lemon juice and Shemin's Seafood Spice Paste, stir well. Season with salt if necessary.
4. Pour the mixture over the spinach and fish fillets.
5. Bake in a oven for approximately 20 minutes until the fish is cooked and flaky.
6. Garnish with basil or coriander leaves.
7. Serve with rice.

Tips

You can achieve a different flavour by using basil or coriander. Using basil to garnish the curry will bring sweetness and coriander will add earthiness.

I like to heat the coconut mixture before pouring over the fish to start the cooking process.

SALMON AND PRAWN PASTA

Our spicy salmon and prawn pasta is healthy to eat and packed full of flavour. It's easy to put together, perfect for those busy weeknights.



Ingredients

Serves 4

500g Fusilli pasta or other pasta cooked according to the instructions on the packet

1 tbsp Oil

1 Large onion

1 of each Yellow, green and red pepper cut into medium sized square chunks

400g Can chopped tomatoes

100g Shemin's Seafood Spice Paste

400ml Coconut milk

2 cups Frozen or tinned sweet corn kernels, drained

320g Frozen or fresh prawns

400g Fresh salmon, cut into bite sized pieces

260g Spinach

2-3 tbsp Lemon juice

Method

1. Cut the peppers into cubes and slice the onion.
2. Heat the oil in a large saucepan, and then gently fry the onions and peppers for 2 minutes.
3. Add Shemin's Seafood Spice Paste and cook gently for 2 minutes. Add chopped tomatoes and simmer for at least five minutes. If the sauce gets too dry add a little water.
4. Add the coconut milk and cook gently for 3-4 minutes.
5. Add the sweet corn, prawns and salmon. Cook in the coconut milk for about 5-6 minutes or until cooked through.
6. Gently stir in the pasta.
7. Gently stir in the spinach.
8. Add the lemon juice and season to taste.

MARINADE FOR FISH

Just rub some of Shemin's Seafood Spice Paste over your favourite fish and leave to marinate for a minimum of 30 minutes then bake, grill or pan fry. Oven cook soft white fish instead of pan-frying to prevent the fish from breaking up.



CREME FRAICHE DIP

Great alongside any curry, mixed with boiled potatoes and mint, or as a coronation chicken sauce. Simply mix a tablespoon of Shemin's Seafood Spice Paste with a little water and heat in microwave for 10 seconds. Then mix with a tub of crème fraîche (300ml).



CHICKPEA TOMATO AND MANGO SALAD

Exotic, colourful and delicious. The sweetness of the mango works beautifully with the other ingredients. A Perfect side to any Indian dish.



Ingredients

Serves 4

400g tin chickpeas, drained

2 small ripe mangos, peeled and cut into 1cm cubes

200g cherry tomatoes, quartered

1 cucumber, peeled and cut in half lengthways, deseeded and diced into 1cm pieces

1 small bunch of mint, chopped

1 small bunch coriander, roughly chopped

1 small red onion, peeled and sliced into thin rounds

2 red chillies, finely chopped (deseeded them if you prefer less heat)

Juice of 2 lemons

1 tsp sugar

1 tbsp olive oil (optional)

2 tsp Shemin's Garam Masala or to taste

150ml cooking oil to fry the chickpeas

Method

1. Put the chickpeas in a sieve, rinse under cold water, then leave to drain while you make the salad. In a bowl, mix the mango, tomatoes, cucumber, mint, coriander, onion and half the chilli. Dress with half the lemon juice, the sugar, olive oil and Shemin's Garam Masala, then chill.
2. Dry the chickpeas in kitchen roll (if wet, they will spit when fried). Put a wok on a high heat and add the oil. Once smoking hot, stir-fry the chickpeas for seven to eight minutes, until golden and crispy all over – be warned: if you don't keep stirring, they are prone to popping and leaping out of the pan. Turn off the heat, and use a slotted spoon to transfer the chickpeas to a plate lined with kitchen paper, to drain.
3. Season the chickpeas with sea salt and toss into the salad just before serving. Taste and adjust with more salt, chilli and lemon juice, as required to brighten the flavours. This salad is wonderful with barbecues and grills and also great with some flatbread.

KACHUMBER SALAD

This East African salad is a great side dish for any of the curries in this book. Try to get the ingredients chopped as finely as possible.



Ingredients

Serves 4

1 Carrot

1 cup Lettuce leaves

1 Onion

1 Tomato

1/4 Stick of cucumber

1 tbsp Chopped coriander

1 tbsp Rice vinegar

Salt to taste

Chopped hot peppers (optional)

Method

1. Cut all the above ingredients into quarters and slice thinly.
2. Add chopped coriander and vinegar, mix well.

Tip

Place the onions in a bowl, add salt and mix together for a couple of minutes. Wash the salt off. This draws the water out for extra soft onions.