



Sponsors



Notes

Serves 2

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## Curried Skate Wings with sticky coconut rice and tomato-masala chutney

By Chef Tyler Hadfield, The Barley Neck

### Ingredients

- 1 lb. skate wings, skinned, trimmed, and cut into 2-3 oz medallions
- 8 oz. thai yellow curry sauce, divided
- 1 Tbsp. yellow curry powder
- 1/4 to 1/2 cup flour (if desired)
- 1 tsp. kosher salt
- 1-2 oz. cooking oil
- 4 oz. coconut milk
- 2 oz. unsalted butter

### Directions

- Marinate skate wings in some of the thai curry sauce for at least 1 hour and no more than 6 hours.
- Remove the fish from the marinade and scrape off the excess.
- Flatten wings and sprinkle both sides with salt and then the yellow curry powder (to taste).
- Shake off excess seasoning and dredge in flour.
- Preheat a skillet over medium high heat; add a few ounces of your favorite cooking oil; heat until the oil shimmers.
- Shake off excess flour and carefully lay the skate wing in the hot oil. Repeat as necessary. Do not overcrowd the pan. Leave space between the wings so excess moisture has room to evaporate.
- Fry the wings for 1-2 minutes or until a golden brown crust forms and then flip carefully with a spatula or tongs.
- Fry the second side for about 2 minutes or until the fish appears fully cooked (white, not transparent).
- Remove the fish from the pan and discard oil.
- Using the same pan, heat up coconut milk with the remaining thai curry sauce. Salt to taste and fold in the butter.
- Spoon the sauce over the cooked fish; reserve some for plating.

# Curried Skate Wings

## with sticky coconut rice and tomato-masala chutney

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### Coconut Rice

- 1/2 vidalia onion, 1/4" dice
- 1-2 oz. cooking oil
- 16 oz. coconut milk
- 1 cup rice (sticky or sushi rice would be ideal, can use Jasmine)
- 1 Tbsp. salt
- 1 tsp. granulated sugar
- 1 tsp. ground coriander
- In a sauce pot add a small amount of cooking oil and the diced onion and cook over medium-low heat, stirring occasionally, until onions become translucent.
- Add in the coconut oil and bring to a boil over high heat.
- Salt and sugar to taste then stir in coriander.
- Slowly stir in rice and return to a boil.
- Remove from heat and cover tightly.
- Let steep for about 10 minutes. Stir well and re-cover for an additional 10 minutes.
- Serve warm or allow to cool.

### Chutney

- 1/2 vidalia onion, julienned
- 2 cloves garlic, shaved
- 1 oz. fresh ginger, peeled and julienned
- 4oz. canned tomatoes, peeled and diced
- 1 tsp. thai chili paste (if desired)
- 3 tsp. garam masala spice (ground)
- 1 tsp. granulated sugar
- 1 Tbsp. kosher salt
- 1 tsp. cumin
- 1 tsp. coriander
- In a sauce pan add cooking oil and julienned onions and cook over medium-low heat until onions are translucent.
- Add in garlic and ginger (along with cumin and coriander if using whole seed spices)
- Cook for a few minutes until fragrant.
- Add in tomatoes, ground spices, salt and sugar.
- Bring to a low simmer, then cover.
- Cook covered, stirring occasionally for about 10 minutes.
- Remove cover and continue to simmer until all excess moisture has evaporated.
- Remove from heat.

### Plating

- Place a portion of rice on the bottom of the plate.
- Using a fish spatula, place a piece of the skate wing on top of the rice.
- Spoon the curry sauce evenly over the fish.
- Place a small amount of the chutney directly in the center of the fish.
- Garnish with some fresh chopped scallions.



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