

## Shrimp Malai Curry



### Makes:

6 servings, 4 shrimp per serving.

### Utensil:

Saladmaster Food Processor  
12" Chef's Gourmet Skillet  
3.5 Qt. Double Walled Bowl  
7" Santoku Knife

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### Recipe:

### Contributed By:

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### Recipe Description:

This traditional Bengali curry is usually made with shell-on prawns. Toasting the prawns in the shell with spices adds an additional layer of flavor to the rich sauce. If prawns are not available, use larger sized shrimp that have been deveined with the shell on.

Use your 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

Serve dish with [2 Click Rice](#), which is easily made in the Multi-Purpose 5 Qt. Oil Core (MP5)

1 ½ pounds  
prawns or extra-large shrimp (u-15), shell on and deveined  
(680 g)  
½ teaspoon  
turmeric powder  
(1 g)  
1 teaspoon  
salt  
(6 g)  
1 red chili pepper, broken in half  
2 bay leaves  
2 teaspoons  
garlic, shredded, use Cone #1  
(6 g)  
1 ½ teaspoons  
fresh ginger, shredded, use Cone #1  
(3 g)

g)  
 1 large  
 onion, minced  
 1 teaspoon  
 cumin powder  
 (3  
 g)  
 ¼ teaspoon  
 chili powder  
 (1  
 g)  
 2 cups  
 fresh tomatoes, chopped  
 (360  
 g)  
 15 ounces  
 coconut milk  
 (445  
 mL)  
 ½ cup  
 water  
 (120  
 mL)  
 ½ teaspoon  
 garam masala  
 (1  
 g)  
 salt and fresh ground pepper, to taste

#### Directions:

1. Place shrimp in a bowl and sprinkle turmeric and salt over shrimp. Toss shrimp to combine and let shrimp marinate while gathering the remaining ingredients.
2. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 minutes, add shrimp. Cook for 2 - 3 minutes on each side until shrimp turns an orange-pink color.
3. Remove shrimp from skillet and set aside. (Shrimp will not be fully cooked.)
4. Add red chili pepper and bay leaves to skillet and sauté for 1 - 2 minutes.
5. Add garlic, ginger and onion and sauté for 4 - 6 minutes until onions soften.
6. Add cumin and chili powder to sautéed onions. Stir to combine.
7. Add tomatoes, coconut milk and water. Stir to combine.
8. Add shrimp back into skillet and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 5 - 7 minutes.
9. Remove cover and add garam masala. Stir and cook for 5 minutes until sauce is slightly reduced.
10. Taste and add extra salt or pepper as desired.

#### Tips:

- Garam masala is a common spice mixture used in North Indian and Asian cuisines. The blend of spices varies from region to region, but generally includes nutmeg, mace, cinnamon, cloves, peppercorns, cardamom, cumin and bay leaves.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 164  
**Total Fat:** 4g  
**Saturated Fat:** 2g  
**Cholesterol:** 172mg

<b>Sodium:</b>	568mg
<b>Total</b>	8g
<b>Carbs:</b>	
<b>Dietary Fiber:</b>	2g
<b>Sugar:</b>	3g
<b>Protein:</b>	25g

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