

## **Curried Seafood**

### **Ingredients:**

2 - 3 lbs. Uncooked Seafood (Crabmeat, lobster, shrimp or firm fish fillet)  
2 1/4 cups soft white bread crumbs  
2 tbsp. Curry Powder  
Salt and pepper  
1 hot pepper  
1 cup onion (coarsely chopped)  
1 tspn. Fresh ginger root (finely diced)  
1 clove garlic (finely diced)  
1/2 cup tomatoes (coarsely chopped)  
1/4 cup cooking oil  
1 cup water  
2 tbsp. Butter  
1 medium carrot (diced)

### **Preparation:**

Heat oil in large skillet. Sauté tomatoes, onions, garlic, carrots and curry powder stirring repeatedly to avoid burning. Add seafood and allow to brown lightly. When using fish fillet (sprinkle with salt, pepper and lemon juice and allow to marinade for a few minutes before cooking) gently turn to avoid breaking the portions. Add water slowly and bring to a boil. Cover and reduce heat. Add butter just prior to completion.

Serves 4 – 6.

### **Serving Suggestions:**

This dish is wonderful over a plate of fluffy white rice, peas 'n rice with plantain, coleslaw or avocado green salad or pasta and garlic bread.