



bit spicy

Goan Prawn Balchao

Goan Prawn Balchao is a rich and flavour-packed dish using our Southern Indian Cochin blend cooked with sugar, that Goan favourite: vinegar, and a squeeze of lime juice. This is delicious as a dry curry folded in a roti or chapati, taco-style, or add a little extra water if you want a saucy meal with rice! And add chillies if you like a bit of heat - this dish can really handle it. You can use a portion of our ['secret sauce'](#) if you have some in the freezer: otherwise just follow the recipe below. **serves 4-6**

- 700g large raw shelled prawns
 - 2 tbsp oil
 - 1 carton [Cochin spices](#)
 - 1 thumb-sized piece of ginger blended to a smooth paste with 4 cloves garlic and a medium onion (or 'secret sauce' - see above)
 - 200 ml water (if not using 'secret sauce')
 - chopped fresh chillies to taste
 - 2 large tomatoes, finely chopped (or half a tin)
 - 6 fresh curry leaves (dried will do)
 - 2 tbsp brown sugar
 - 1 tbsp white or coconut vinegar
 - lime juice to taste
 - a handful fresh chopped coriander
1. Heat the oil in a frying pan or wok and gently fry the spices and onion, garlic and ginger for about 5 minutes. Add the water if necessary, and optional chillies.
 2. Add the tomatoes and curry leaves and cook for about 20 minutes, until the mixture is quite thick.
 3. Add the sugar and vinegar and cook for about 5 minutes before adding the prawns.
 4. When these are pink add some lime juice to taste and stir in the coriander.
 5. Serve wrapped in a flat bread.

Cook's notes

- If the sauce is too thick and dry just add water to get a consistency you are happy with. Don't worry, this packs a punch and the flavour will not be diluted!