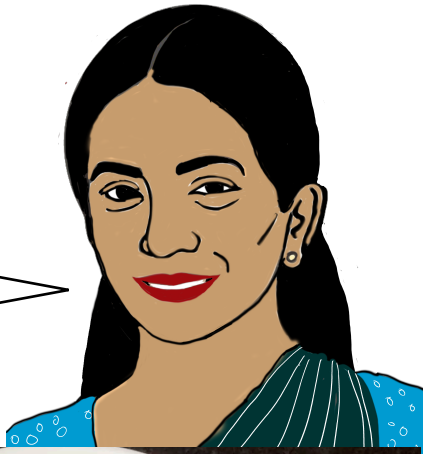
Fried Prawn Cafreal with frango à cafreal masala

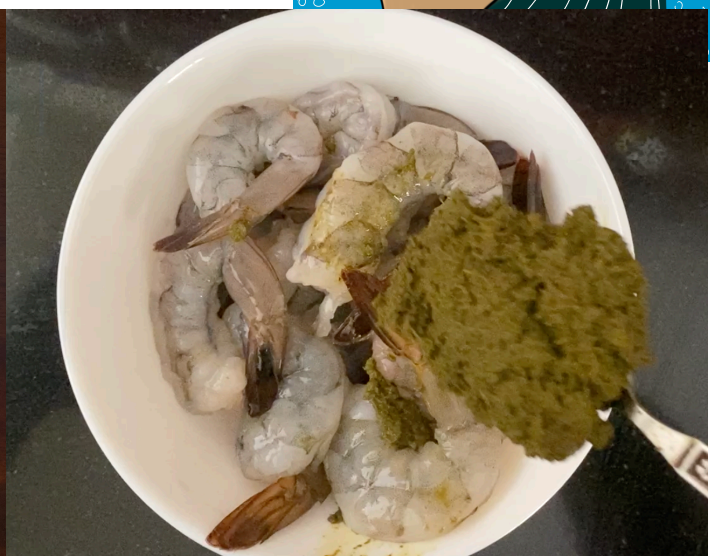
What you need;

- Prawns medium: 250g
- The Women of Goem Frango a Cafreal masala: 2-3 tbsps
- Ginger garlic paste :1/2 tsp
- Curry leaves for garnish
- Salt to taste
- Cooking oil (coconut oil is traditional, but you can use any oil)





Apply salt and lime juice, keep for 10 minutes.



Marinate with ginger garlic paste and cafreal masala.



Keep for 10 -15 minutes.



Mix in a tbsp of corn flour



Heat a heavy frying pan



Heat 3-4 tbsps of oil



Add some curry leaves



Add the prawns



Fry 1-2 minutes on medium heat.



Until they turn firm.

Add a little butter



Turn the side and fry for another minute.



Switch off flame.



Garnish with curry leaves



Transfer to a bowl





Serve with salad and chutney.





FRANGO A CAFREAL 100g

CAFREAL IS QUINTESSENTIAL GOA. THIS SPICY, GREEN GRAVY DISH IS BELIEVED TO HAVE TRAVELLED FROM MOZAMBIQUE, AN ERSTWHILE PORTUGUESE COLONY LIKE GOA. A CAFREAL MEANS "IN THE WAY OF THE CAFRES" WHERE CAFRE WAS THE INHABITANTS OF CAFRARIA, A REGION OF SOUTHERN AFRICA. FRANGO A CAFREAL LITERALLY MEANS CHICKEN CAFRES' STYLE, BUT WORKS VERY WELL WITH EVERYTHING. OUR ANCESTRAL RECIPE, HANDED DOWN GENERATIONS, COMES FROM A CATHOLIC FAMILY FROM THE VILLAGE OF RACHOL, IN SOUTH GOA.

₹130.00 (Please check latest price including GST here)

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