

Salmon Head Curry

The head makes the richest curry — big flavour from the humblest cut.

01

Check Your Pantry First

☐ Cooking Oil

☐ Salt

☐ Ground tumeric

☐ Short grain rice

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES8 ITEMS

☐ Shallots

150g

☐ Garlic

4 cloves

☐ Ginger

1 thumb

☐ Curry leaves

Large handful

☐ Lemongrass

2 stalks

☐ Eggplant

1 small

☐ Okra (lady fingers)

100g

☐ Tomatoes

3 ripe

PANTRY & DRY GOODS7 ITEMS

☐ Dried chillies

20 medium

☐ Malaysian curry powder

¼ cup

☐ Mustard seeds

1 tbsp

☐ Fenugreek seeds

1 tbsp

☐ Palm sugar (gula melaka)

2 tbsp

☐ Tamarind concentrate

2 tbsp

☐ Coconut milk

½ cup

SUBSTITUTES

- Okra = Long beans
- Palm sugar = brown sugar
- Tamarind concentrate = Lime juice

FRESH PROTEINS1 ITEM

☐ Salmon head, cleaned & split

Ask the fishmonger to clean and split it for you

CHILLED & DAIRY0 ITEM

03

Where to Shop

End at the fishmonger. Fish goes in last.

01

TopCatch Fisheries *fishmonger.*

One whole salmon, scaled & gutted — ask to fillet it and keep the head & bones.

OUG · 17 Jalan Hujan Rahmat · Tue–Sun, 8am–1pm

Taman Megah · 108 Jalan SS 24/2 · Mon closed · Tue–Sun varies

02

Supermarket

Produce, chilled, Japanese aisle, spice aisle, condiments / international aisle, baking aisle.

03

Wet Market / Indian Grocery

Curry leaves, dried chillies, shallots, lemongrass — fresher and cheaper here.

THIS WEEK'S MEALS

01

Sashimi Don

15 MIN · EASY

02

Salmon en Papillote

25 MIN · EASY

03

Crispy-Skin Tacos

25 MIN · MEDIUM

04

Salmon Head Curry

45 MIN · MEDIUM

05

Bone-Broth Ramen

50 MIN · MEDIUM