

We love curries in the West Indies. This dish is busting out with colour and mixes juicy prawns in a thick, rich tomato sauce with what we call 'Irish potatoes' (as opposed to sweet potatoes). Depending on your tolerance for heat, either chuck all the chilli seeds, keep half, or be brave and put all of them in the sauce: this is meant to be hot! I go for half the seeds for this dish.

hot-hot prawn and potato curry

Serves 4

800g (1lb 12oz) waxy potatoes, such as Desirée, peeled and cut into big chunks	½ green pepper, deseeded and cut into thin strips
1 tbsp sunflower or groundnut oil	½ x 420g can chopped tomatoes
1 onion, finely chopped	300g (10½oz) cooked peeled king prawns
1 garlic clove, finely chopped	salt
6cm (2½in) piece of root ginger, finely chopped	2 tbsp torn fresh coriander leaves, to garnish
2 tsp all-purpose seasoning	boiled rice and green salad, to serve
1 hot red chilli (ideally Scotch bonnet), finely chopped	

1. Put the potatoes in a pan of cold water, bring to the boil and simmer for 10 minutes, until part cooked. Drain. Meanwhile, heat the oil in a big saucepan and fry the onion, garlic and ginger over a low heat until soft. Stir in the all-purpose seasoning and cook for a couple of minutes.

2. Add the chilli and as many of its seeds as you dare, along with the pepper. Cook for 5 minutes, stirring occasionally. Add the part-cooked potatoes and the tomatoes. Simmer until the potatoes are cooked through and the sauce is nice and thick (about 10 minutes). Add the prawns and heat through in the sauce (about 3 minutes). Season with salt to taste and garnish with the chopped coriander. Serve with rice and salad.

