

Fish Curry

Saturday, 14 August 2010 17:19 - Last Updated Thursday, 21 July 2011 17:11

courtesy : Mrs. Devi Krishnan



Fish curry is mildly spicy and tangy. Savor a delicious real curry. The fish curry is normally served with rice, roti chanai, thosai, chappati or bread.

Ingredients:

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1 kg.fish(trout/tuna/grouper);cut into 1/2" steak size
1 teaspoon fenugreek
1/2 teaspoon cumin seed
1/2 teaspoon mustard seed
2 onions; sliced
8 cloves garlic
1" ginger; sliced thinly
2 green chillies; cut lengthwise
3 large tomatoes; cut into 4's
1 stalk curry leaves; stripped (about 20 leaves)
3 tablespoons Eagle brand seafood curry powder
3 tablespoons cooking oil
Tamarind juice(made with 60gm tamarind pulp and 3 cups water.Strain the juice
Note; use a non metal container
2 stalks coriander leaves; chopped
salt to taste
5 okra(ladies finger); cut lengthwise (optional)

Method of preparation:

Heat cooking oil in a wok. Fry fenugreek, cumin and mustard. When the smell is aromatic add onion, garlic, ginger, green chillies and curry leaves. Saute' till onion is golden brown. Then add seafood curry powder and stir for 5 min. Add tamarind juice, tomatoes and salt. Heat on medium flame for 20 mins; stirring occasionally. Then add cut fish and okra (optional). Heat on low flame till fish is cooked. Simmer. Add chopped coriander leaves. Turn off flame. Cover. Serve with rice, roti chanai, thosai, chappati or bread.