

Fish Sambal

Saturday, 14 August 2010 16:35 - Last Updated Saturday, 13 August 2011 10:07

courtesy : Mrs. Thanam Balakisnan



Fish sambal is a spicy and tangy dish. The recipe is done in two steps.

First step : the fish

1kg.fish (trout,tuna,red snapper etc)

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The whole fish is cleaned. Make 3 slits on each side.

1/4 teaspoon tumeric powder

1/2 tablespoon red chilli puree* (refer below on method of making red chilli puree)

Salt to taste

Sufficient oil to deep fry

Method of preparation:

Mix tumeric powder, red chilli puree and salt. Rub the mixture on both sides of the fish. Marinate for 30 minutes. Deep fry; medium cooked. Set aside.

Second step : sambal/sauce

1 tablespoon cooking oil

1 big onion; sliced

1/2 in. ginger; sliced thin strips

1 stalk curry leaves; stripped... (10 leaves)

2 medium tomato; diced

1/2 teaspoon Eagle brand seafood curry powder

1 cup water

Method of preparation:

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Heat oil in a wok. Saute onion till it is golden brown. Add ginger and curry leaves. Fry till the smell is fragrant. Add chilli puree, seafood curry powder and 1 cup water. Stir for 1 minute. Bring to boil. Reduce to low flame; simmer till a layer of oil appears on the surface. Add tomato. Cook for 1 minute. Immerse the partially fried fish into the sauce. Cook for 1 minute. The fish sambal is ready. Serve with rice.

*Preparing red chilli puree.

8 to 10 dry red chilli.(remove seeds);tear into small pieces.Put into a container.Pour hot water and let it soak for 10 minutes.

2 to 3 fresh chilli (remove some seeds);cut into small pieces.

5 cloves garlic

1 small onion;diced

1 cup water

Method of preparation;

Drain the soaked red chilli; put it into a blender. Add fresh chilli, garlic, onion and 1 cup water. Grind into a puree.

Note : The hotness of the dish can be controlled by adjusting the number of dry red chilli.