

Fish Head Curry

Saturday, 14 August 2010 17:10 - Last Updated Thursday, 21 July 2011 17:19

courtesy : Mrs. Devi Krishnan



Fish head curry is considered a delicacy. The flesh around the cheeks and eyes are tasty. The curry is slightly spicy and tangy. Fish head curry is served with white rice.

Ingredients:

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1 large fish head. (tuna, snapper or trout)
2 stalks lemongrass; chopped)
2 teaspoon tumeric powder) grind
2cm galangal; chopped)
2 tablespoon oil
2 large onions; sliced
3 cloves garlic; chopped
5 or 6 tamarind pulp; mix with a little water and strain
2 cups water (16fl.oz)
1/2 cup Vietnamese mint
salt to taste
black pepper to taste

Method of preparation:

Cut the fish head in half. Scale and clean thoroughly. Remove the gills and wash off any blood. In a wok heat oil at high flame. Add onion and garlic. Saute till the onion is golden brown. Next add the ground ingredients.(lemongrass, tumeric and galangal). Turn down heat to low. Fry for 10 minutes. Add tamarind juice, water, salt, black pepper and half the Vietnamese mint. Simmer till the curry smells aromatic. Add the fish head. Bring the curry to a boil. Lower heat and simmer for 5 minutes. Turn of flame. Garnish with remaining mint and serve with white rice. Flame.