

Goan Fish Curry

Goa di Machchi

Hari
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Ingredients

600g skinless white fish fillets, chopped into chunks

Marinade

Juice of 1 lemon

1 tsp turmeric powder

½ tsp salt

Spice paste

8 dried red chillies

80g fresh coconut, grated

3 tsp coriander seeds, crushed

1 onion, chopped

1 tsp cumin seeds, crushed

1 tsp turmeric

2 cloves garlic

1 tsp tamarind extract

Sauce

2 tbsp of oil

1 onion, sliced

1 tomato, puréed

3 fresh chillies, slit lengthways

Handful of coriander, chopped

Method

- 01** Mix the salt, lemon juice and turmeric powder and rub over the fish chunks and leave to marinate for 30 minutes.
- 02** Soak the dried chilli in 250ml of warm water for 15 minutes. Drain and reserve the water.
- 03** Make up the spice paste by placing the soaked chillies, coconut, coriander seeds, chopped onion, cumin seeds, turmeric powder, garlic, tamarind extract and two tablespoons of the reserved soaking water in a blender and process to make a smooth paste.
- 04** Heat oil in a shallow wide based pan and add the sliced onion and fry to soften - do not brown. Add the spice paste and cook until golden brown. You may need a splash of water to ensure the paste doesn't burn.
- 05** Once aromatic add the tomato purée and fresh chillies and cook for a further five minutes.
- 06** Add water (or coconut milk if you prefer) to create a lovely sauce, bring to the boil and cook for a few more minutes.
- 07** Reduce the heat and gently place the marinated fish with any juice into the pan and cook for between five and seven minutes until the fish is soft.
- 08** Sprinkle with coriander to serve.

Served with

All you need is some plain rice and let the fish speak for itself.



More on this recipe

<http://www.harighotra.co.uk/goan-fish-curry-recipe>

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