

Keralan Fish Curry

South Indian fish curry

Hari
GHOTRA



Ingredients

750g firm white fish cut into chunks
½ tsp turmeric
½ tsp salt
1 tbsp Coconut oil
1 tsp mustard seeds
20 curry leaves
5 shallots, finely sliced
4 garlic cloves, finely sliced
3cm piece of ginger, finely sliced
2 green chilli, finely sliced
1 tbsp chilli powder
½ tsp turmeric
4 tomatoes, chopped
400ml tin coconut milk
Handful coriander, chopped

Method

- 01** Coat the fish in salt and turmeric
- 02** Heat a tbsp of coconut oil in a shallow large based pan.
- 03** Add the mustard seeds with the curry leaves till the seeds start to pop.
- 04** Add the sliced shallots, garlic, ginger and chilli, and cook on a medium heat for 5 minutes, till softened.
- 05** Mix together the chilli powder and turmeric with a splash of water to make a paste (this stops the turmeric burning), and then stir into the pan.
- 06** Add the coconut milk and heat through. When you are ready to serve add the chopped tomatoes and stir in the fish. Cook on a gentle heat for about 5 minutes until the fish is cooked through.
- 07** Check the seasoning then sprinkled with fresh chopped coriander and some with fragrant basmati rice.



More on this recipe

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

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