

Sindhi Masala Fish

Dry fried spiced fish

Hari
GHOTRA



Ingredients

4 large white fish fillets,
plaice, haddock or cobbler
are good

1 tbsp turmeric powder

2 tbsp plain flour

1 tsp chilli powder

1 tbsp coriander seeds

2 tsp fennel seeds

2 garlic cloves

2 tsp garam masala

1 tsp salt

Vegetable oil to fry

Method

- 01** Crush the coriander, fennel and garlic cloves in a pestle and mortar then empty into a bowl.
- 01** Mix the flour, turmeric, chilli powder, garam masala and salt.
- 01** Place the fish fillets into the masala mix until fully coated and set to one side.
- 01** In a large deep frying pan, add enough vegetable oil so it's about 5cm deep to fry the fish.
- 01** Heat the oil and test whether it's ready by dropping a small bit of the masala mixture into the oil, if it fizzes and turns brown in a few seconds the oil is ready.
- 01** Very gently slip in a couple of fish fillets and cook for around 4-5 minutes, gently turning it over until it has cooked through and has turned a wonderful yellow in colour. Drain on some kitchen paper. Alternatively you can pan fry the fish until it's just cooked and crisp on the outside.



More on this recipe

<http://www.harighotra.co.uk/sindhi-masala-fish-recipe>

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