

Pilchard Curry

Fish Curry from a Can

Hari
GHOTRA



Ingredients

2 x 425g tin of pilchard in tomato sauce

1 tbsp oil

1 onion, sliced

½ tsp carom seeds

2 cloves of garlic, sliced

2 tsp ginger, grated

1 chilli, chopped

1 tsp salt

1 tsp turmeric

1 tsp fenugreek

Handful of fresh coriander, chopped

Method

- 01** Heat oil in a pan and add carom seeds. When the carom seeds start to sizzle add the sliced onion and garlic then fry until lightly brown.
- 02** Reduce the heat and add ginger, chilli, turmeric, salt, fenugreek and fry until aromatic (about 5 mins). If the spices stick just add a dash of water to loosen.
- 03** Open the tin of pilchards and pour in the tomato juice keeping the fish behind.
- 04** Cook everything to create a thick masala paste which becomes nice and shiny.
- 05** Gently place the fish into the masala and heat. Be careful not to stir as you don't want the fish to break up. If it looks a little dry, add some hot water.
- 06** Remove from the heat and add garam masala and a good pinch of coriander to serve.

Served with

Serve with plain basmati rice



More on this recipe

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

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