

## Fish Curry Recipe

### Ingredients:

1. 1 lb. Basa fish steak, deboned
2. 1 onion chopped small
3. 3 cloves of garlic sliced thin
4. 1/2 a cup of corn oil
5. 1 cup blanched tomato puree
6. 1 cup coconut milk
7. 2 medium potatoes cut into small pieces
8. 1 table spoon coriander paste
9. 1 tea spoon ground cumin
10. 1 tea spoon ground coriander
11. 1 tea spoon Kashmiri chili powder
12. 1 tea spoon Kasuri methi (Fenugreek)
13. 1/4 cup light soya sauce
14. 1/2 a tea spoon salt
15. 4 pieces of Kokum (garcinia indica)
16. 1/2 a tea spoon of black pepper
17. 1/4 of a cup of coriander leaves

### Preparation:

Cut flesh from the basa fish steak and debone it. Take the deboned fish and mix it well with 1/4 cup of light soya in a bowl. Marinate it for a minimum of 1 hour.

Peel and cut potatoes into small pieces. Put them in a glass bowl with water and microwave it for 7 minutes. You can even boil the potatoes but do not make them very soft.

Chop the onion into small pieces and slice the garlic into thin slices.

## Method:

Now take a pan or (pot). Put 1/2 a cup of oil in it and heat it on high temperature. When the oil is hot put chopped onion in it and keep stirring till the time it becomes light brown and you smell the burning of the onion.

At this point put in the sliced garlic. When you smell the garlic roasting put tomato puree in it. Let the tomato puree reduce a little (about 1-2 minutes). When you see the bubbles of the tomato puree put coconut milk in it. Let everything keep cooking on high heat till you see the mix bubbles. Add the coriander paste and mix it well with the juices.

Turn the heat to medium temperature. After about a minute or so, add salt, black pepper, ground cumin, ground coriander, Kashmiri chili, kasuri methi and kokum. Mix everything well and cook for about 2 minutes.

Now lower the heat to low temperature. Add pre boiled potatoes, and marinated fish in the pan. Mix it thoroughly and cover it up. Let it cook for 10 minutes and the curry is ready. Garnish it with coriander leaves.

Eat the curry with white rice, bread, roti, naan etc. and enjoy.

*Chef Pops*