

RECIPE FOR FISH MASALA

INGREDIENTS:

Frozen fish steaks	1-1/2 lbs.	(Use Basa steaks or Pangasius steaks)
Red bell pepper	1	
Long green chilies	8 pieces	
Green onions	6 pieces	
Tomato	1 large	
Fresh mint	1 cup (chopped)	
Tomato sauce	2 cups	
Tamarind sauce	half a cup	
Black salt	1 tea spoon	
Canola oil	half a cup	(Oil for deep frying is not included)
Ground cumin seeds	1 tea spoon	
Paprika	1 table spoon	(For spicy hot result use cayenne pepper)

COOKING METHOD:

Take the frozen fish steaks and wash with warm water till all the ice from the surface comes out. Now dry the fish with dry cloth or paper towel. Let them sit for about 5 minutes. Fill the pot with canola oil up to approximately 60% of the total depth. Heat up the oil on high heat then deep fry fish steaks in the pot for about 4-5 minutes (for safety fry in 2 batches). Initially you will see the fish bubbling very strong in the oil. This means all the water in the fish is slowly coming out. When the water in the fish reduces the bubbling will reduce and fish will come close to the top surface of the oil. This means the fish is cooked. Now take out the fish steaks in a plate and let them settle for about 5 minutes.

Put 2 cups of tomato sauce in glass or stainless steel bowl. Add half of tamarind sauce and half a tea spoon of black salt. Also add ground cumin seeds and paprika. Dip the fish steaks in this mix and put them on the baking pan and bake them for 10 minutes at 350 degrees F. This way the sauce will cook in the oven and stick to the fish. Then take the baking pan out.

Take half of red pepper and chop into small pieces and coarse grind it in the blender.

Slice thin the other half of red pepper and make a small cut on all green chilies. Fry them in hot canola oil for about 1-2 minutes in a pan and take them out in a plate.

Put the remaining tomato sauce in the pan with hot oil. Then add to it half ground red pepper, 1 table spoon of paprika, 80% of green onion chopped small, one diced tomato, balance of tamarind sauce, 80% of chopped fresh mint. Add about half a cup of water and blend it well. Bring the temperature to medium and cook it for about 10 minutes and stir it till the sauce is cooked and it becomes thick to your liking.

Now the dish is ready to serve. Place all fish steaks in a deep plate and fill in the space in between with the sauce. Place red and green peppers between the fish steaks and garnish with chopped green onion and fresh mint leaves.

Eat it with plain white rice, roti, paratha or naan as your heart desires. ENJOY.