

Deccan Fish Curry Recipe

(Meen Dakshini Recipe)

Ingredients: Serves 4

4 small red mullet, each about 300g, scaled and cleaned
2 teaspoons ginger-garlic paste (refer More Indian Recipes)
½ teaspoon salt
1 teaspoon chili powder
a pinch of ground turmeric
1 tablespoon tamarind pulp
3 tablespoons sunflower or vegetable oil
20 curry leaves
1 teaspoon cumin seeds
½ teaspoon black mustard seeds
2 medium onions, finely sliced
4 green chilies, finely sliced
chopped coriander leaves, to garnish

Method:

Slice the fish crossways, through the bone, to give steaks about 4cm wide; discard the heads if you wish. Mix together the ginger-garlic paste, salt, chili powder and turmeric. Rub gently into the fish and leave to marinate in the fridge for at least 30 minutes. Meanwhile, soak the tamarind pulp in 200ml warm water for 20 minutes, then strain through a fine sieve. Heat the oil in a frying pan and fry 10 curry leaves until crisp; remove and set aside for the garnish. Add the cumin and mustard seeds to the pan and fry until they begin to crackle. Add the onions and remaining curry leaves, and fry until the onions are softened and golden brown. Add the fish and chilies, and fry lightly until the chilies have softened, turning once. Add the tamarind liquid and simmer gently for 3-5 minutes until the fish is cooked. Serve sprinkled with the fried curry leaves and chopped coriander. Accompany with Indian bread or steamed rice.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]