

## Masala Grilled Fish Recipe

**Ingredients:** Serves 4

800g firm fish fillets  
(salmon, tuna, swordfish, monkfish)  
Juice of 2 lemons  
Salt  
50g green chilies, chopped  
50g shallots, chopped  
50g ginger, peeled and chopped  
1 tablespoon garam masala  
1 teaspoon turmeric

**Method:**

Season the fish fillets with the lemon juice and salt. Blend the green chilies, shallots, ginger, garam masala, and turmeric in a food processor to obtain a thick paste, adding a little water if necessary. Coat the fish pieces on both sides with the paste. Grill fish on both sides until done (about 3 minutes each side). Serve hot. Garam is Hindi for "warm" and masala means "spice." Garam masala is a classic spice mix consisting of black pepper, cloves, cinnamon, cardamom, cumin seeds, bay leaves, and coriander seeds, but in as many varying proportions as there are cooks in India.

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