

## **Sour Fish Curry Recipe**

**(Ambul Thiyal Recipe)**

**Ingredients:** Serves 6

500 g (1 lb) firm fish fillets or steaks  
1 rounded tablespoon tamarind pulp  
¼ cup vinegar  
1 medium onion, peeled and finely chopped  
3 cloves garlic, peeled and finely chopped  
1 teaspoon finely grated fresh ginger  
1 teaspoon salt  
6-8 curry leaves  
1 stalk lemon grass or 2 strips lemon rind  
2.5 cm (1 inch) piece cinnamon stick  
¼ teaspoon fenugreek seeds  
¼ teaspoon ground black pepper  
¼ teaspoon chili powder, optional  
1½ cups water  
2 tablespoons oil

**Method:**

Wash and dry fish, cut into serving pieces. Soak the tamarind in the vinegar until it is soft. If tamarind is very dry, heat the vinegar and tamarind in an enamel saucepan for a few minutes, adding some of the water. When cool enough to handle, squeeze the tamarind in the liquid to dissolve pulp, strain through a fine nylon sieve and discard seeds and fibers. Put all ingredients into a pan (preferably an enamel or stainless steel pan) and bring to the boil. Reduce heat and simmer uncovered until fish is cooked and gravy is thick. Shake pan or turn fish pieces carefully once or twice during cooking. Serve with white rice.

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