South Indian Fish Curry Recipe

Ingredients:

2 tablespoons tamarind pulp
415 ml water
4 tablespoons oil
1 teaspoon black mustard seeds
1 stalk lemongrass, bruised (use only the bottom white part)
½ teaspoon salt
1 teaspoon sugar
600 g mackerel steaks or any meaty fish
1 sprig curry leaves
Spice paste:
2 tablespoons ground coriander (cilantro)
1 tablespoon ground cumin
½ teaspoon ground fennel
2 teaspoons chili powder
1 tablespoon chopped ginger
2 cloves garlic, peeled,
8 shallots, peeled

Method:
Knead tamarind with water until pulp dissolves, then strain and set aside. Grind spice paste ingredients until fine. Heat oil in a wok over medium heat, add spice paste and mustard seeds and fry until fragrant, 5 to 10 minutes. Add tamarind liquid, lemongrass, salt and sugar and bring to the boil. Simmer for 4 minutes, then add fish and curry leaves and simmer for 6 to 8 minutes more, until fish is cooked. Serve with steamed white rice.
Note: For more heft, add some sliced okra, aubergines or tomatoes to the gravy with the fish. You can of course tone down the amount of chilies to taste.

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