

MADRAS MACKEREL

Mmmmn delicious



INGREDIENTS

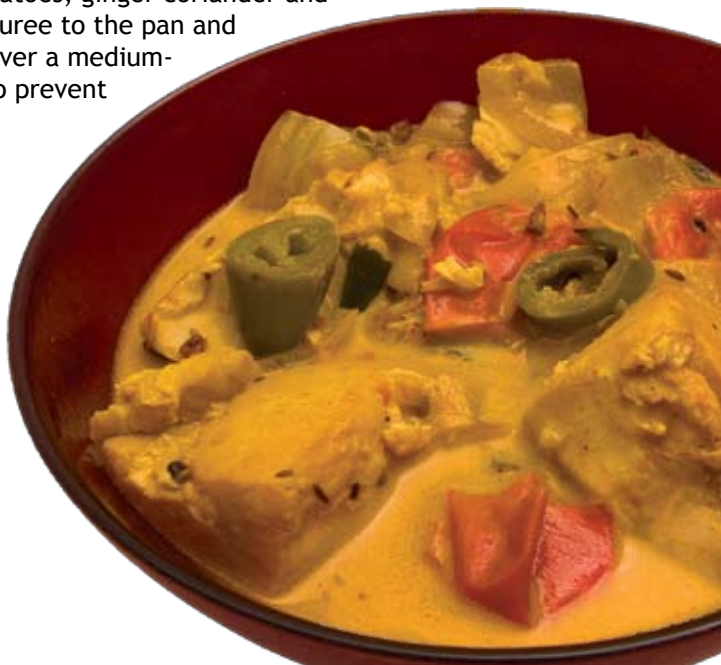
1 kg(2Lbs) mackerel (or other dark fish) cleaned and cut into steaks
1 tsp fenugreek seeds
1 tsp cardamom seeds
2 tsp cumin seeds
30 fresh curry leaves (opt)
2 medium onions
5 cloves garlic
3 medium tomatoes
1 piece fresh ginger,

1 tsp ground coriander seeds
1 tsp turmeric
2 cups water/stock
450-500g whole mackerel, cleaned and cut into steaks 2.5cm thick
2-5 green chillies
1 Tbl tamarind paste, or to taste
1 cup coconut milk
salt, to taste

METHOD

Heat the oil in a large non-stick saucepan. Add curry leaves, fenugreek, cardamom & cumin seeds and fry for about 30 seconds. Add the chopped onions, garlic and chillies and cook for about 6-8 minutes until golden. Purée together the tomatoes, ginger, coriander and turmeric. Add tomato puree to the pan and cook for 8-10 minutes over a medium-high heat. Add liquid to prevent burning.

Add the water/stock, bring to a boil and then add the fish. Bring back to the boil and cook over a medium heat until the fish is cooked. Add coconut milk and salt and pepper to taste. Re-heat but try not to boil again.



GOAN FISH CURRY

Fish should swim in coconut



INGREDIENTS

1 Kg (2.2 Lbs) firm white fish
salt

1tsp turmeric

1 tsp ground cumin seeds

1 tsp ground cardamom seeds

2 tsp ground corriander seed

½ tsp asafoetida (opt)

Oil/ghee for frying

2 medium onions

2 hot red chillies (or to taste)

1 Tbls fresh ginger

1 cup coconut milk cream

2 tsp tamarind paste

juice of 1 lemon

½ cup fish stock/water as needed

METHOD

Cut the fish into bite-sized chunks, put them into a large bowl, and rub with a little salt and ground spices. Allow fish to marinate for a couple of hours

Finely chop the onions, chillies and ginger. Fry in a little oil/ghee until the onions are golden brown. Remove from the frypan.

Heat oil/ghee in a large, shallow pan and fry the fish pieces for a few minutes.

Add onion mixture, tamarind, lemon juice, coconut cream and cook until fish is cooked. Add fish stock/water as needed to create a little gravy.



MANGALOREAN PRAWNS

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INGREDIENTS

Oil/ghee for frying

2 med onions

5 cloves garlic

3 red chillies (or to taste)

1 Tbls chopped fresh ginger

½ tsp cardamom seeds

6 cloves

1 tsp cumin seeds

1 stick cinnamon

1 cup shredded coconut

750 gms 1½lbs uncooked prawns

10 curry leaves (opt)

2 tsp ground coriander seeds

1 tsp ground star anise

½ tsp turmeric

2 small finely chopped tomatoes

juice of 1 lemon (lime)

1 cup coconut cream

coriander leaves to garnish

METHOD

Create a rich tasty gravy using the ingredients in the first column. finely chop the onions, garlic, chillies and ginger. Fry the chopped ingredients. Add the cloves, cumin seeds, broken cinnamon quill and fry until the onions are golden brown, add the coconut and fry until the coconut is just brown. Process all the fried ingredients to a rough sauce.

Add more oil or ghee to the fry pan, add prawns, curry leaves, finely chopped tomatoes. Fry until prawns are just cooked, add turmeric, ground anise and coriander seeds. Add juice and coconut cream. Cook a few minutes more. Garnish with coriander leaves



TANGY POMFRET

Hokum Kokum Magic



INGREDIENTS

1Kg (2 Lbs) pomfret or other firm fish (whole or fillets)
6-9 dried kokum petals (or 1TbIs tamarind paste or juice of 1 lemon)
2 tsp red chilli powder
1 tsp garlic paste
1 tsp ground coriander
1 tsp ground cumin

$\frac{3}{4}$ tsp turmeric
 $\frac{1}{2}$ tsp ground black pepper
salt to taste
1 green chilli
1 bunch fresh coriander
2 TbIs vinegar or lemon juice
oil or gee for frying

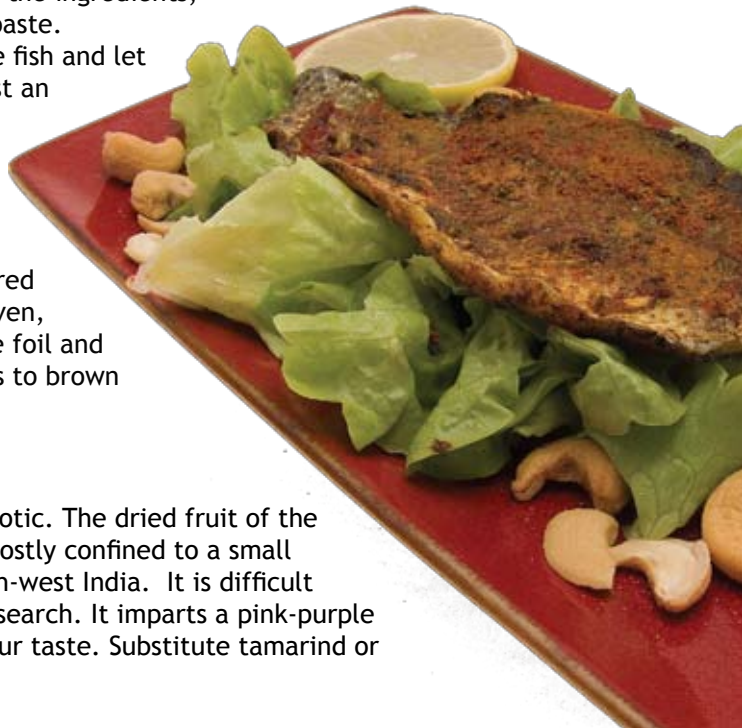
METHOD

If you are using kokum petals soak them in $\frac{1}{4}$ cup of boiling water for 20 minutes. Blend all the ingredients, except the fish, to a paste. Apply the paste to the fish and let it marinate for at least an hour.

If using fillets, or small whole fish, fry in hot ghee (oil) until cooked. If using a larger fish bake, covered in aluminium foil in oven, until cooked. Remove foil and grill for a few minutes to brown the top.

TIP

Kokum is definitely exotic. The dried fruit of the *Garcinia indica* it is mostly confined to a small region of coastal south-west India. It is difficult to find but worth the search. It imparts a pink-purple colour and a sweet-sour taste. Substitute tamarind or lemon.



TASTY TOMATO FISH

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INGREDIENTS

oil or ghee for frying

6 med onions

4 hot red chillies (or to taste)

5 cloves garlic (or to taste)

1 tsp ground ginger

1 tsp tumeric

1 tsp ground cinnamon

juice of 1 lemon

1 Tbls concentrated tomato paste

1 Tbls concentrated tamarind paste

1.½ Kg (3Lbs) firm fleshed fish

1 tsp black pepper corns

1 tsp yellow mustard seeds

1 tsp cumin seeds

8 med tomatoes

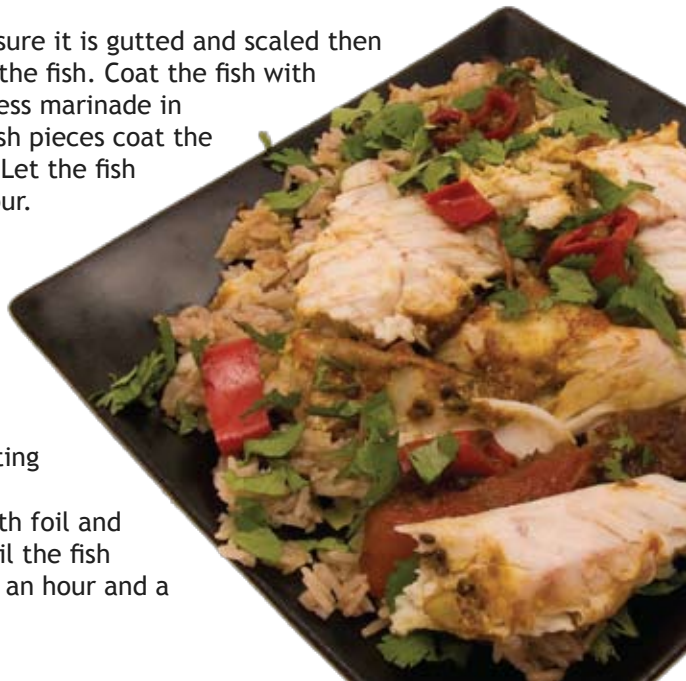
1 cup stock/water

METHOD

Marinade: Chop 2 onion, 2 hot chillies, garlic and fry in a little oil/ghee until the onions are golden brown. Add spices, lemon juice, tomato & tamarind paste.

If using a whole fish make sure it is gutted and scaled then make slits in both sides of the fish. Coat the fish with the marinade. Put any excess marinade in the body cavity. If using fish pieces coat the pieces with the marinade. Let the fish marinate for at least an hour.

Fry pepper corns, mustard and cumin seeds until seeds begin to pop. Slice the remaining onions, and chillies and all the tomatoes. Put slices in the bottom of a large roasting pan. Place the fish with its marinade on top. Cover with foil and back in a medium oven until the fish is cooked about an hour or an hour and a half.



TASTY PRAWNS WITH GREEN APPLES/MANGO

*Taste sensation with green mango
equally wonderful with green apples*



INGREDIENTS

*½ cup desiccated unsweetened
coconut*
1 kg (2lbs) uncooked prawns
oil for frying
1 large green (unripe) mango
OR 2 large green apples
1-2 onions
2 chillies or to taste
1 tsp ground ginger
1 tsp ground corriander

1 tsp turmeric
1 cup coconut milk
2 cups liquid
*(if using green apples try to find
amchur - green mango powder.
Use 1 tsp of amchur. If you can't
find amchur then use juice of one
lemon)*
coriander leaves to garnish

METHOD

Fry the desiccated coconut on a med. heat until the coconut is brown. Set aside.

Clean the prawns. If you want to make a delicious broth from the shells, fry the shells in a little oil and add three cups of water. Cook the prawn shells for 5-10 minutes. Discard the shells and use the water later in the recipe.

Peel the mangoes or green apples and cut into thick slices. Chop onions and chillies. Heat oil in a large fry pan. Lightly brown onions, mangoes (apples) and chillies. Add coconut milk and liquid. (You can use the prawn shell broth). Add ground spices. If you are using amchur put it in. Add toasted coconut. Add prawns and cook until prawns are cooked - about five minutes. If using lemon juice only add it here. Garnish with coriander leaves.

