



Kerala Fish Curry

Cook Time: 45minutes

Servings: 2-3

Ingredients...

2 cups Sardines, cleaned and pat dried
2 tbsp Coconut oil
1 cup Red onions, chopped
2 tbsp Ginger, julienned
2 tbsp Garlic, sliced
1/2 cup Tomatoes, chopped
2 tbsp Curry leaves
4 tbsp Coconut milk
1 tsp Mustard seeds
1/2 tsp Fenugreek seeds
1 tbsp Tamarind paste
2 tsp Salt
1 tsp Black pepper powder
1 tsp Turmeric powder
1/2 tsp Cayenne powder
1/4 tsp Aesofotida powder

Directions...

1. Heat coconut oil in a medium size deep pan.
2. Add mustard seeds and let it pop. Once it pops, reduce the heat. Add in the fenugreek seeds and aesofotida. Sauté for 5 seconds and add in garlic, ginger and red onions. Sauté them till light brown about 6-8 minutes.
3. Reduce the heat and add in all spices. Stir for 5 seconds and add in the tomatoes. Stir well to combine.
4. Add in the tamarind paste and combine well. Let it boil.
5. Add in the sardines and cook the fish in the boiling spiced water for 15-20 minutes.
6. Now add in coconut milk and shake the pan gently to combine.
7. Add in the curry leaves and 1 tsp coconut oil and cover it with a lid. The fish curry is ready to be served with hot rice.

Note:- Any white fish can be substituted for sardines like cod, halibut, red snapper etc.