

FISH CURRY RECIPE

Malabar matthi curry, also known as fish curry, is an Indian also Goan dish. It consists of any fish variety semi-stewed in a Kerala-style curry with assorted vegetables, such as okra or onions. It is usually served with rice, naan or bread.

Serves 6

Ingredients:

- 8 Atlas dry red chiles
- 1 tablespoon Atlas black mustard seeds
- 2 large tomatoes, cut into chunks
- 3 teaspoon ATLAS SEAFOOD MASALA
- 3 to 4 tablespoons coconut powder (Available In-Store)
- 1/4 cup vegetable oil (Available In-Store)
- 10 to 12 curry leaves (Available In-Store)
- 1 large onion, ground to a paste
- 1 tablespoon ginger paste (Available In-Store)
- 1 tablespoon garlic paste (Available In-Store)
- 2 cups hot water
- 1 walnut-sized ball of tamarind paste (Available In-Store)
- 1 kg line fish, cut into thick slices
- Salt, to taste
- Chopped coriander, to taste (Available In-Store)

Method

- **STEP 1:** Heat a heavy-bottomed pan over medium heat and roast the dry red chilies, mustard, until they begin to release their aroma.
- **STEP 2:** Add the above to the tomatoes, seafood masala and coconut, mix into a smooth paste. Set aside
- **STEP 3:** Heat the oil in a wide heavy-bottomed pan and add the onions and fry until light brown. Add the ginger and garlic pastes and fry for 3 to 4 minutes. Add the tomato and spice paste and fry until the oil begins to separate from the masala. Add 2 cups of hot water and the tamarind paste to the masala and mix well. Bring the gravy to a boil and then simmer.
- **STEP 4:** Gently add the fish to the gravy and cook until done and add curry leaves. Garnish with chopped coriander.