



MY RECIPE BOOK

By



FISH CURRY MASALA



STEPS:

CLEAN AND CUT THE FISH INTO PIECES. LIGHTLY SEASON WITH SALT AND SET ASIDE.

COOK THE BASE: HEAT OIL IN A PAN, ADD CHOPPED ONIONS, AND SAUTÉ UNTIL GOLDEN BROWN. ADD THE GINGER-GARLIC PASTE AND SAUTÉ FOR ANOTHER MINUTE UNTIL FRAGRANT. ADD THE CHOPPED TOMATO AND COOK UNTIL SOFT. STIR IN SWADSUGAM FISH CURRY MASALA, TURMERIC, AND RED CHILI POWDER (OF SWADSUGAM). COOK FOR A COUPLE OF MINUTES TO RELEASE THE SPICES' FRAGRANCE.

MAKE THE CURRY: ADD COCONUT MILK OR WATER TO THE PAN, MIX WELL, AND BRING TO A SIMMER. GENTLY ADD THE FISH PIECES INTO THE CURRY AND COOK FOR ABOUT 8-10 MINUTES ON LOW HEAT UNTIL THE FISH IS COOKED THROUGH. AVOID STIRRING TOO MUCH TO KEEP THE FISH INTACT. TASTE AND ADJUST SALT IF NEEDED. GARNISH WITH FRESH CILANTRO.