

Mangalore Fish Curry

Written by Carol Sequeira Pereira

This sour and spicy preparation brings out the best flavours in this type of fish.

For the Fish Curry you will need: Fish like- Mackerals/ Sardines/ Herrings- 1 kilo Salt
- 1 tsp

Vinegar- 1tbsp

Ingredients for masala

: To grind finely

Kashmiri red chillies :12-13 nos

Pepper corns: 10

Whole coriander seeds : 1/2 tsp

Tumeric: 1/2 tsp

Garlic: 3 large flakes

Tamarind extract: 2tsps / or extract juice from marble size tamarind after soaking for a few minutes in 3 tbsps warm water

Dried Kokisan/ kokum leaves: 3

Coconut grated- 3 tsps

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Slicings to be added to curry :

Onions sliced: 1

Tomatoe chopped: 1/2 small

Ginger crushed: 1 inch

Green chillies slit: 3 nos

Garlic flakes sliced: 4 large.

Vinegar to taste

Salt to taste

Seasoning:

Coconut oil/vegetable oil: 3 tsps

Curry leaves: 1 sprig

Method:

1. Clean and gut the fish. Cut fish into curry size pieces, if using sardines, leave whole. Make slits along fish body to allow flavours to penetrate. Pour 1 tbsp vinegar and sprinkle salt over fish. Rub gently into fish. Leave aside for 10 minutes. This step helps to reduce the fishy smell in the fish.

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2. Grind the masala ingredients to a fine paste using 1/4 to half cup water /as required.
3. In a large thick bottomed vessel place the ground masala and add in 2 cups of masala water/ more or less as required. Bring to boil, add all the slicings, vinegar and salt to taste. Close the vessel and allow slicings to cook on medium flame for 5 minutes or more till they soften.
4. Now gently place the fish flat in the curry in a single layer, and cook covered till the fish is done (10-12 minutes) . Do not overcook the fish. The fish flesh will turn white, opaque and firm-up when cooked. Do not use a spoon to move the fish around, simply turn vessel gently in a circular motion to move curry over the fish.
5. Taste again for salt and sourness, add salt/ vinegar as required.
6. For seasoning: In a small pan heat coconut oil to smoking, add curry leaves, once leaves are fried and aromatic pour over fish curry.

Fish Curry is ready.

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