



Ingredients

Quantity:	Measure:	Ingredients:	Description:
	As Required	Cooking Oil	
12	Nos	Mackerels	or Sardines
1	Large	Onion	Chopped length
10-12	Nos	Chillies Red Bedki (short variety)	
1, 1/2	Teaspoon	Coriander(Dhania)	
1/4	Teaspoon	Turmeric Powder	
1	Teaspoon	Jeera (Cumin Seeds)	
1/4	Teaspoon	Fenugreek (Methi)	
1	Teaspoon	Mustard Seed (Sarson)	
1	Teaspoon	Fennel -(Saunf, Badi Shep)	
1	Tablespoon	Ginger Garlic Paste	
1	Ball	Tamarind	lemon sized
A	Few	Curry Leaves (Kadi patta)	
	As Required	Salt	To taste

Method

- Soak the tamarind in water for about an hour and extract the pulp.
- Dry roast the chillies, coriander seeds, fennel seeds, mustard seeds, cumin seeds, methi seeds and turmeric.
- Heat little oil in a pan and roast the onions, ginger garlic paste.
- Use little water and grind the above 3 steps to a fine thick paste.
- Heat oil in a pan. Add the curry leaves.
- When they splutter, add the paste, salt and bring it to a boil.
- Add the fish and cook for 10mins.
- Serve hot with rice.