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Shetty's Kitchen

Bangude Pulimunchi

Ingredients

10-20 Dry chillies
1 tsp Pepper corns
1 tsp Cumin seeds - jeera
1/2 tsp mustard seeds
1 tsp methi, fenugreek.
2 tbsp Coriander seeds
10 flakes garlic cloves.
1 " Ginger, scraped and cleaned.
1 medium onion, peeled and sliced.
2 balls of tamarind, size of a lime.
2 large green chillies
1/2 tsp turmeric powder
2 tbsp Coconut Oil
5-6 cleaned curry leaves
Salt to taste

Method:

Preparation of Masala:

Dry roast the red chillies for around 2 minutes, and take them out and keep them for cooling. Dry roast pepper corns, jeera mustard seeds and methi. Keep them aside. Next dry roast the coriander seeds. Remove them from the pan, and allow them to cool, and then dry grind them in a mixer. Add to the grinding spices, the peeled cloves of garlic, ginger, onion, tamarind, green chillies, and turmeric powder. Add sufficient water to make a fine ground paste.

Preparation of the fish curry.

In an earthen vessel, put 2 tbsp coconut oil and heat it. When hot, add curry leaves. After

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Written by Vidya Cooking

the leaves have changed their color, add half of the ground masala and continue to fry.

Add salt to taste, to the frying masala. Place the cleaned and slit fish, either whole, or cut in two, on the first layer of the masala, and then spread the rest of the masala on it.

Add masala water, and add a pinch of salt and shake the vessel to blend the masala and the water. Avoid stirring the curry with a ladle, as it may break the fish. Cook for 3 -4 mts

and lower the flame to medium heat. Remove the lid and hold the pot with a cloth and stir it in both clock and anti clockwise movements. Continue without covering the pot

with the lid. Use a wooden spatula and turn the sides of the fish, to cook from the other side and cook for 2 - 3 minutes on medium flame.