

Ingredients

	Quantity:	Measure:	Ingredients:
	12	Nos	Mackerels
8		Large	Chillies Red Dry
8		Nos	Pepper Corns
1		Piece	Turmeric/Haldi
1		Teaspoon	Jeera/Cumin Seeds
1		Tablespoon	Coriander/Dhania
2		Large	Onions
4		25 g	Chillies Green
1		Inch	Ginger
4		Flakes/Seeds/Cloves	Garlic
2		Tablespoon	Vinegar
2		Tablespoon	Cooking Oil
		As Required	Salt
1		Teacup	Coconut Milk

Method

- # Clean and wash the mackerels and keep them whole.
- # Grind the ingredients set aside for grinding - grind the masala in the mixer - Prepare coconut milk.
- # Make the mince masala from ingredients set aside for slicing.
- # Pour cooking oil in the vessel prepared for cooking the mackerels and heat it.
- # Fry the sliced onions and the rest of the minced masala.
- # Add the ground masala and fry it well.
- # Add the fish and cook in its own gravy for 15 minutes. Gently stir without breaking the fish.
- # When the fish is cooked, add the coconut milk, vinegar and salt to taste.
- # Remove from the stove and allow it to come to room temperature. The gravy gets absorbed into the fish this way.