

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Mackerels	Cleaned
1	Teacup	Coconut - Grated /Desiccated	
1/2	Medium	Onion	chopped
3/4	Teaspoon	Mustard Seed (Sarson)	
3/4	Teaspoon	Jeera (Cumin Seeds)	
1	Tablespoon	Coriander(Dhania)	
1/2	Teaspoon	Methi - (Fenugreek)	
8	Medium	Chillies Red Dry	
8	Medium	Chillies Kashmir	
1/2	Teaspoon	Turmeric Powder	
6	Nos.	Pepper Corns	
8	Flakes/Cloves	Garlic (Lason, Losun)	
1	Ball	Tamarind	lemon sized

Method

Heat oil in a heavy bottomed vessel. Add mustard seeds and allow it to splutter.
Add curry patta, onion, ginger, chillies and fry for a while.
Add the ground masala and fry for 5 minutes more stirring continuously.
Add enough water to form a thick but pouring consistency gravy.
Check salt and cover the vessel and allow it to boil for 5 - 10 minutes.
Open the lid and add the mackerels to it.
Shake and adjust the vessel so that every piece of the fish is covered in the gravy.
Do not stir as it may break the fish pieces.

Allow it to boil and then simmer it on very low gas for next 10 - 15 minutes.
Garnish with coriander leaves and serve hot with rice.