



## Tangy South Indian Fish Curry



### Ingredients:

Salmon or other firm white fish: 1 ½ lbs, scaled and cleaned, cut into 2 inch cubes

Olive oil: 3 Tablespoons + sprinkle on fish

Onion: 2 cups finely diced; preferably purple or yellow

Jalapeno pepper: ½ thumb sized finely diced (*optional*)

Tomatoes: 2 cups diced

Tamarind pulp: pinch off thumb size, soak in 1 cup water, mix to loosen pulp and set aside

Anar Curry Powder: 1 ½ tsp

Salt: 1 ½ tsp

Ginger powder: 1 tsp

Curry leaves: 10-12; fresh or dried

Cilantro: 1 cup fresh leaves, washed and chop roughly

Jalapeno pepper: ½ thumb sized finely diced (*optional*)

**Note:** Soak fish in milk overnight to remove "too much" fishy taste and smell.

### Recipe:

1. Spray salmon with olive oil, sprinkle with Anar curry powder and salt. Rub it in on both sides of fillet. Set aside for at least 20-30 mins.
2. Squeeze tamarind pulp in water and set aside.
3. Heat olive oil in skillet. Add onions & jalapeno (*optional*), sauté for 5-7 mins till onions are golden brown or edges start to curl in.
4. Add curry powder, salt and ginger. Mix for 1-2 mins till spices stick to onions.
5. Add tomatoes, mix well simmer until soft about 3-5 mins.
6. Add tamarind water. Make sure to remove pulp and fibers from tamarind water with strainer or pour through fingers into skillet to catch pulp in hand and discard pulp.
7. Add curry leaves and cilantro
8. Cover skillet, bring to boil.
9. Add fish and simmer 20-25 mins till fish flakes easily.

Serve with basmati rice.