

Recipe Name: Kerala Style Fish Curry Recipe
Diet Type:
Course: Lunch
Cuisine: Kerala Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1/2 kg Fish - (I have used sardine cleaned and cut)	4
• Tamarind Water - extract from a big lemon sized tamarind	
• 2 Shallots - finely chopped	
• 2 tablespoons Coconut Oil	
• 1 teaspoon Mustard seeds	
• 2 sprig Curry leaves	
• Salt - to taste	
• 10 cloves Garlic - split length-wise	
• 1 tablespoon Ginger Garlic Paste	
• 2 tablespoons Kashmiri Red Chilli Powder	
• 1 tablespoon Coriander Powder (Dhania)	
• 1/2 teaspoon Methi Powder (Fenugreek Powder)	

Preparation

- Take a small bowl and add red chilli powder, coriander powder and fenugreek powder with little water to make slurry.
- Keep it aside.
- Heat coconut oil in clay pot earthenware.
- After 2 to 3 minutes, add the curry leaves.



- Now, add the chilli coriander fenugreek mixture.
- Let it cook for about 2 minutes.
- Now, add 2 cups of water and bring to a boil.
- Let it cook for 15 minutes.
- Just give it a slight shake at regular intervals or use the spoon to slowly move the fish pieces around.
- This is crucial step since the fish being delicate may break if stirred heavily.
- Kerala style Fish Curry Recipe is ready to enjoy.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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