

Recipe Name: Restaurant Style Chettinad Style Fish Curry Recipe

Diet Type:

Course: Main Course

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 5-6 Fish fillet - surmai or pomphret variety	4
• 1 teaspoon Turmeric powder (Haldi)	
• 2 teaspoon Sunflower Oil	
• 2 teaspoon Cumin seeds (Jeera)	
• 6 Whole Black Peppercorns - (adjust)	
• 3 Cloves (Laung)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 2 Dry Red Chilli	
• 1 sprig Curry leaves	
• 2 teaspoon Fresh coconut - grated	
• 10 cloves Garlic	
• 1 inch Ginger	
• 2 Onions - chopped	
• 8 Pearl onions (Sambar Onions)	
• 1 Tomato - chopped	
• 4 teaspoon Tamarind Water - (adjust)	
• Salt - to taste	
• Water - as needed	
• Coriander (Dhania) Leaves - to garish	

Preparation

- To begin making the Restaurant Style Chettinad Style Fish Curry Recipe, clean the fish fillets and apply salt & turmeric powder on it.
- Keep aside.
- Add the shallots & fry for 2 minutes then add tomatoes.



- Switch off the gas & keep the cover the pot with a lid.
- In a grinder, make a fine powder of cumin seeds, peppercorns, cloves, cinnamon, cardamom & red chilli.
- Keep aside for later use.
- Add the fried onions, ginger, garlic, grated coconut & tamarind to the make a smooth paste.
- Add the dry masala powder & paste to the tomato-onion, add water as required to make gravy.
- When the gravy comes to a boil add the fish, add curry leaves.
- Cover the pot n let the fish cook properly.
- Garnish with freshly chopped coriander.
- Don't make the gravy too thick or watery.

Macronutrients

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

