

**Recipe Name:** Malvani Fish Curry Recipe - Delicious And Spicy Fish Curry

**Diet Type:**

**Course:** Lunch

**Cuisine:** Malvani

**Quantity:**



## Ingredients

| Ingredient                             | Quantity |
|----------------------------------------|----------|
| • 1 inch Ginger - finely chopped       | 2        |
| • 4 cloves Garlic - finely chopped     |          |
| • 1 Onion - finely chopped             |          |
| • 2 Tomato - finely chopped            |          |
| • 1/2 cup Coconut milk                 |          |
| • 1/4 cup Tamarind Water               |          |
| • 1 sprig Curry leaves                 |          |
| • 1 teaspoon Mustard seeds             |          |
| • 1 teaspoon Mustard oil               |          |
| • Salt - to taste                      |          |
| • 2 King fish - cut into flat fillet   |          |
| • 1 teaspoon Red Chilli powder         |          |
| • 1/2 teaspoon Turmeric powder (Haldi) |          |
| • 1 teaspoon Cumin powder (Jeera)      |          |
| • 1 teaspoon Coriander Powder (Dhania) |          |
| • 1 Lemon juice                        |          |
| • Salt - to taste                      |          |
| • 1 teaspoon Coriander (Dhania) Seeds  |          |
| • 1/2 teaspoon Cumin seeds (Jeera)     |          |
| • 1 teaspoon Fennel seeds (Saunf)      |          |
| • 1 inch Cinnamon Stick (Dalchini)     |          |
| • 2 Cloves (Laung)                     |          |
| • 1 Bay leaf (tej patta)               |          |
| • 1 pinch Nutmeg                       |          |
| • 1/2 teaspoon Whole Black Peppercorns |          |
| • 4 Dry Red Chillies                   |          |
| • 1 Star anise                         |          |



## Preparation

- To begin making the Malvani Fish Curry Recipe, we will first wash the king fish well with water, drain the water completely.
- Add in red chilli powder, turmeric, cumin powder, coriander powder, salt to taste and lemon juice.
- Give it a mix and marinate the fish for at least 30 minutes.
- To make the Malvani MasalaHeat a saucepan, dry roast the coriander seeds, cumin seeds, fennel, cloves, cinnamon, cloves, bay leaf, star anise and black peppercorns for at least 5 minutes, until it is well roasted.
- Once done, grind all the roasted ingredients, along with dry red chillies, nutmeg to a smooth Malvani masala powder.
- To make the Fish CurryHeat a kadai, drizzle mustard oil, allow the mustard seeds to splutter for few seconds.
- Add in curry leaves.
- Add chopped tomatoes, sprinkle salt and turmeric and saute till the tomatoes turn slightly mushy.
- Sprinkle the freshly prepared Malvani masala as well and saute for a minute.
- Add in 1/2 cup of tamarind water and allow it to cook in the masala and with the tomatoes for 2 to 3 minutes.
- Simmer the flame, add coconut milk and bring it to a boil.
- Slowly add in the marinated fish pieces into the boiling curry, you can also add in any extra marinated masala that is left in the bowl as well.
- Add a little water and adjust the consistency and add in salt o taste in the Malvani Fish Curry.
- Give the Malvani Fish Curry a light stir.
- Cover the bowl of a lid and simmer the Malvani fish curry for at least 10 minutes until the fish is completely cooked through.
- Once the Malvani Fish Curry is done, turn off the heat.
- Check the salt and spices and adjust accordingly.
- It also makes a perfect weekend lunch or weekend dinner idea.

## Macronutrients

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