

THAKKALI MALU

FISH CURRY WITH TOMATO

Serves: 4-5

500 g (1 lb) fish steaks (kingfish, tuna,
Spanish mackerel, mullet)

1 teaspoon ground turmeric

1 teaspoon salt

oil for frying

1 large onion, roughly chopped

3 cloves garlic

2 teaspoons finely chopped fresh ginger

1 medium size ripe tomato, chopped

2 tablespoons oil

1 tablespoon Ceylon curry powder

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1 teaspoon chilli powder

salt to taste

2 cups coconut milk

Wash and dry fish well and rub all over with turmeric and salt. Cut each steak into serving pieces. Heat oil in a frying pan and fry the fish until golden brown on both sides. Drain.

Put onion, garlic, ginger and tomato in container of electric blender and blend to a smooth paste. Heat oil in a saucepan and fry the blended ingredients for a few minutes, until oil begins to separate from mixture. Add the curry and chilli powders and about a teaspoonful of salt, the coconut milk, and bring to the boil, stirring. Simmer for a few minutes, then add the fish and simmer for 10 minutes. Serve with rice and accompaniments.