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Tamil Nadu Fish Curry

Ingredients

Ebzimi (Black streaked monocle bream) or Naiser (Ehrenberg's snapper) - 2lb.
Garlic cloves - 10 to 15
Green Chillies – 4
Tamrind - 3.5oz.
2 big onions
1 big tomato otherwise 2 small
Mustard seed -little for seasoning
Fenugreek little -for seasoning
Curry leaves - little for seasoning
Red Chilli powder - may be half a spoon as per your taste
Dhania Powder - half or one spoon
Turmeric Powder - less than half a spoon
Little pepper powder if needed

Preparation

1. Soak the tamarind in required quantity of water for 15 to 20 minutes
2. Squeeze the tamrind inside to get the paste
3. Now squeeze the tomatoes also inside the tamrind water
4. Add turmeric powder, red chilli powder and dhania powder along with required salt into the tamarind water
5. Clean the fish (better to cut the head off the fish). Add oil in the pan ,when it gets hot , add mustard seed ,little fenugreek seed,add green chillies, garlic cloves ,curry leaves ,now add finely chopped onion ,fry it for few minutes until the colour gets changed to pink colour
6. Pour the whole mix of tamarind water into the pan
7. Leave it for some time until it starts to boil
8. Now add the washed fish into it. Leave it for sometime until the curry becomes thick
9. Serve with hot rice.
10. Thanks to Choose Wisely for this recipe

Cooks Note