



Masala Fish



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Serves 4

INGREDIENTS:

300g haddock	3g ground coriander
half a lemon	15g bunched coriander
75g onion	3g fenugreek leaves
1 can chopped tomatoes	4g garam masala
20ml olive oil	1g carom ajwan seeds
4g cumin seeds	3g cooking salt
5g green chillies	30ml cold water
10g garlic, peeled	
10g ginger, peeled	
3g hot chilli powder	
3g ground turmeric	

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METHOD:

1. Juice the lemon. Peel, halve and finely chop the onion. Blend the tomatoes. Puree the garlic cloves and ginger. Trim the green chillies, deseed and blend.
2. Cut the fish into 4cm pieces. Add the lemon juice, 1/4 salt and 1/4 turmeric to a bowl, mix well, then add the fish and marinate gently, set aside in the fridge for an hour.
3. Heat the oil in a pan, add the cumin seeds and sizzle for a minute. Add the onions and cook for 5 minutes until caramelised. Add green chilli paste, garlic, and ginger pastes, cook for another minute.
4. Add the tomatoes, turmeric, hot chilli powder and ground coriander, cook out for 5 minutes. Add remaining salt and mix well.
5. Once the masala has split, add the fish gently and coat with the sauce. Add the water. Chop the coriander.
6. Add the fenugreek leaves, chopped coriander, garam masala, carom seeds and gently mix into the sauce. Gently turn the fish over, taking care not to break. Cook for final 2 minutes, then remove from heat and serve.