

FISH WITH COCONUT

(Bridget Francis)

Ingredients

¾ cup desiccated coconut
1 tsp chilli powder
¼ tsp turmeric powder
¼ tsp cumin powder
1 large pinch pepper powder
2 medium onions – cut fine
4 cloves garlic – cut fine
½” piece fresh ginger
2 green chillies – slit in ½
2 tbsps corn oil
Salt and vinegar to taste

Method:

- ❖ One pound of any kind of fish. Wash, salt and keep aside.
- ❖ Extract ½ cup thick milk by blending ¾ cup desiccated coconut and some hot water. Strain and keep aside. Put the coconut back into the blender and extract some more milk. Mix the second extract of coconut milk (approx. 1 cup) with the chilli, turmeric, pepper and cumin powders.
- ❖ Sauté the onions, garlic and ginger in two tablespoons corn oil.
- ❖ Now add the spices mixed with the coconut milk and green chillies. Boil for a few minutes.
- ❖ Add the fish, vinegar and salt to taste and cook till the fish is done.
- ❖ Just before taking the pan off the heat, add the thick extract of coconut milk.