

FISH CURRY

(Austin Pinto)

Ingredients

1 lb fish
2 to 4 ozs coconut cream (for thicker curry consistency)
1 tsp chilli powder
1 tsp paprika
½ tsp cumin powder
½ tsp saffron powder
½ tsp garlic powder
¼ tsp pepper powder
1 tsp salt (more if desired)
1 tbsp tamarind paste
2 tbsp tomato paste
4 pieces of mango
1 small onion - cut fine



Method:

- ❖ Blend the onion and fry.
- ❖ Combine all the above masalas in two cups of water and bring to a boil for approximately 15 mins.
- ❖ Add fish and lower heat. Add the mango slices.
- ❖ Cook for 10 minutes or 15 minutes.
- ❖ Serve with white rice.