

MACKERELS WITH MASALA

(Phyllis D'Souza)

Ingredients

5 red chillies
2 piece of hot sticks (cinnamon sticks)
½ onion
6 flakes of garlic
1 tsp of turmeric powder
8 peppers
1 teaspoon cumin
1 small ball of tamarind
Salt to taste

Method:

- ❖ Clean the fish and slit the sides
- ❖ Grind the above ingredients in vinegar and apply to fish
- ❖ Fry in oil