

PARA (DRY FISH PICKLE)

(Pompie Gois)

Ingredients

25 dried mackerels or 1 kg salted ser fish cut into pieces

75 dry ghatti chillis

2 inch piece ginger

3 pods garlic

1 tablespoon cumin seeds

½ teaspoon peppercorns

3 pieces turmeric - 1 inch size

3 bottles vinegar

Method

- ❖ Clean the dried fish with a brush. Remove scales and sand and wash well in a little vinegar.
- ❖ Grind all spices with vinegar (do not use water at all)
- ❖ Arrange the vinegar washed fish in a jar and pour the masala over it and vinegar, if necessary, so that the fish is fully covered.
- ❖ The jar cap should be tight and tied with a piece of clean cloth round the mouth of the jar.
- ❖ The preparation will be suitable to eat after 3 or 4 weeks.
- ❖ Using a clean dry spoon, remove just enough fish you require at a time. Fry the para using a little oil.