



Sugar Apple

Posts From The Caribbean

Bones' Kerala Fish Curry

This recipe was adapted from Maya Kaimal's *Savoring the Spice Coast of India*. We like our food fairly highly spiced and Bones proceeded accordingly. Serve over rice, preferably basmati rice.

4 tablespoons of cooking oil

1 large onion, halved and thinly sliced

3 cloves of garlic, very thinly sliced

2 hot chili peppers, finely minced (remove the seeds or use only one if you don't want too much heat, but we like it hot)

1 tablespoon freshly grated ginger

2 stalks of curry leaves, leaves stripped from stalks (about 30 leaves)

2 tomatoes, chopped

salt to taste

1 lb. of snapper, skinned, boned and cut into 2-inch cubes (or substitute another firm white fish)

fresh coconut milk (or canned if you don't have a fresh coconut)

fresh cilantro, cucumber, lemons and tomato wedges for garnish

Dry Masala Mix

½ tablespoon freshly ground black pepper

1 tablespoon ground coriander

2 teaspoons ground cumin

½ teaspoon turmeric

Mix the masala ingredients together and set aside in a small bowl. Heat the oil over medium high heat in a heavy pan or skillet until it's hot but not smoking. Add the onion, garlic, chili peppers, curry leaves and ginger and cook until the onions are soft and starting to brown. Add the masala mix and stir for a minute or two, until fragrant. Add the tomatoes and salt to taste. Cook until the tomato is softened and starting to break down. Add a little water if necessary to keep the sauce from catching and burning.

Add the fish cubes to the pan and very gently mix together with the sauce mixture. Add enough light coconut milk to just cover the fish. Shake the pan gently to mix all the ingredients together. Turn the heat down and cook at a very gentle simmer for about 10 minutes or until the fish is just cooked through. Turn out into a serving dish and garnish with fresh cilantro and tomato wedges. *Serves 4.*

<http://www.abigailblake.com/sugarapple>

from the article *Fish Curry from Kerala* posted on April 18, 2009