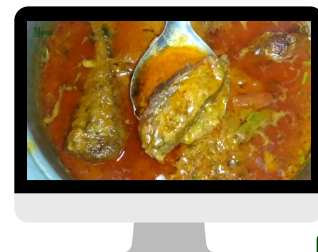


Fried Fish Gravy



Step 1 – Frying the Fish



- ☐ Take a Seer Fish. Any kind of Fish is ok.



- ☐ Remove the head and cut it into medium-sized pieces.



- ☐ Make a slit specially on both side.



- ☐ Add 2 tsp of red chilly powder.



- ☐ Add 1/4 tsp of salt



- ☐ Add a little water to make a thick paste.



- ☐ Apply those paste in all fish pieces.



- ☐ Take a Pan and heat Oil at medium heat.



- ☐ Shallow fry this fish pieces.



- ☐ Now fried fish is ready and keep it aside.

Ingredients for Fried Fish

- Seer Fish/Vanjaram ☐ 7 pieces
- Red Chilly Powder ☐ 2 tsp
- Salt ☐ 1/4 tsp
- Oil ☐ As preferred level for frying

Ingredients for Gravy Pre-preparation

- Thick Coconut Milk ☐ 2 cups
- Thick Tamarind Extract ☐ 1/4 cup
- Green Chilly ☐ One [slit]
- Tomato ☐ 1/2 chopped
- Turmeric Powder ☐ 1/8 tsp
- Coriander Powder ☐ 1/4 tsp
- Red Chilly Powder ☐ 1.5 tsp

Ingredients for Fried Fish Gravy

- Oil ☐ 4 tbsp
- Onion ☐ 5 medium finely chopped
- Green Chilly ☐ 2 [slit]
- Tomato ☐ 1/2 chopped
- Red Chilly Powder ☐ 1 tsp
- Coriander Leaves ☐ 2 tbsp

Step 2 – Gravy Pre-Preparation:



- ☐ Take 2 cups of thick coconut milk



- ☐ Add 1/4 cup of extracted thick tamarind.



- ☐ Add one green chilly with slit.



- ☐ Add 1/2 chopped tomato.



- ☐ Add 1/8 tsp of turmeric powder



- ☐ Add 1/4 tsp coriander powder



- ☐ Add 1.5 tsp of red chilly powder.



- ☐ Mix it well and keep it aside.

Step 3 – Making Fried Fish Gravy



- ☐ Keep the flame at medium heat and heat the 4tbsp of Oil.



- ☐ Add 5 finely chopped onions.



- ☐ Add 2 green chilly with slit.



- ☐ Add 1/2 chopped Tomato.



- ☐ Add 2 green chilly with slit and fry it for 5 to 6 minutes.



- ☐ Add 1 tsp of red chilly powder.



- ☐ Cook for a minute.



- ☐ Add the pre-prepared Gravy



- ☐ Cook for 5 minutes with closed lid but not completely.



- ☐ Add fish pieces one by one.



- ☐ Optionally, add the fried Oil to enhance the taste.



- ☐ Add 2 tbsp of coriander leaves and mix it gently.



- ☐ Increase the flame at medium-high heat cook for another 7 to 8 minutes.



- ☐ Sprinkle some water over the surface after scraping it.



- ☐ Now close the lid but not completely and simmer the flame .



- ☐ Cook for another 10 minutes.



- ☐ Turn off the flame and Fried Fish Gravy is ready!

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