

Baked Fish Podimas



Ingredients for Baked Fish

- Anchovies Fish ☐ 250g
- Onion ☐ 5 finely chopped
- Tomato ☐ 1 chopped
- Green Chilly ☐ 2 finely chopped
- Coriander Leaves ☐ 2 tbsp
- Thick Tamarind Juice ☐ 1/2 cup
- Grated Coconut ☐ 1/2 cup
- Turmeric powder ☐ 1/4 tsp
- Grated Coconut ☐ 5 tsp
- Oil ☐ 4 tbsp Oil
- Water ☐ As required
- Salt ☐ As preferred

Step 1 - Pre-Preparing Anchovies/Nethili Fish

- ☐ Remove the bone.
- ☐ Remove the head.
- ☐ Clean and wash with Turmeric and salt for 2 to 3 times.

Step 2 - Making Tamarind Juice

- ☐ Take a small ball of Tamarind.
- ☐ Add water to it.
- ☐ Squeeze it together.
- ☐ Extract thick tamarind Juice.

Step 3 - Making Fish Podimas

- ☐ Take a Pan and add 5 finely chopped Onion.
- ☐ Add 1 finely chopped Tomato.
- ☐ Add 2 finely chopped Green Chilly.
- ☐ Add 1/2 cup of grated Coconut.
- ☐ Add 2 tbsp of Coriander Leaves.
- ☐ Add 1/4 tsp of Turmeric Powder.
- ☐ Add 3 tsp of Red Chilly Powder.
- ☐ Add salt as needed.



- ☐ Add 2 tbsp of Oil on top of it and do not mix it..



- ☐ Mix it gently with hand.



- ☐ Add 250g of anchovies /nethili fish.



- ☐ Sprinkle some water to it.



- ☐ Squeeze the mixture well with hand.



- ☐ Add 1/2 cup of thick Tamarind Juice.



- ☐ Add 2 tsp of red chilly powder.



- ☐ Press with hand gently.



- ☐ Turn on the flame with medium heat.



- ☐ Add the remaining Oil in batch once the water is observed.



- ☐ Cook till the Oil separates.



- ☐ Add the remaining Oil in batch.



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- ☐ Now baked fish podimas is ready!



- ☐ Cook till the Oil separates.

