

Madras Fish Curry Recipe

Ingredients:

4 cod cutlets (about 1 kg)
1 teaspoon turmeric
1 teaspoon salt
2 tablespoons sunflower oil
1 tablespoons tamarind pulp
2 onions, finely chopped
2 small red chilies, deseeded and finely chopped
2 cloves garlic, crushed
1 tablespoon minced ginger
2 tablespoons hot curry powder
8 curry leaves
400 g can chopped tomato
1 bunch coriander (cilantro), chopped
1 tablespoon olive oil
2 bunches baby spinach, trimmed

Method:

Preheat oven to 200 degrees Celsius. Rub the cod with the turmeric and salt. Heat 1 tablespoon of the sunflower oil in a large frying pan over a high heat. Brown cod on each side (do not cook all the way through). Place cod in an ovenproof casserole dish.

Soak tamarind pulp in a cup of boiling water for 10 minutes, then drain through a fine sieve.

Discard pulp and reserve water. Place the frying pan over a medium-high heat and add remaining sunflower oil. Cook onion for 3 minutes. Add chili, garlic, ginger and curry powder. Cook for 1 minute until aromatic. Stir in the curry leaves, tomato, reserved tamarind water and coriander. Pour the sauce over the cod and bake, uncovered, for 20 minutes.

Meanwhile, heat the olive oil in a frying pan over a high heat. Add the spinach and cook for 2-3 minutes or until wilted.

Serve with the spinach and steamed rice.