

FISH CURRY

INGREDIENTS

- 1 box Hake cutlets
- ½ tsp. tumeric powder
- 1 tbs. Red chillies
- 1 tbs. Dhana
- 1 tbs. Jeeru
- 1 tbs. Crushed garlic
- 3 tbs. Lemon juice
- 1 tbs. Fish masala

Marinate the above for an hour and fry in shallow oil on low heat.

- 6 tomatoes (liquidised)
- 1 large onion (sliced)
- 1 tbs. Whole jeeru
- ½ tsp. tumeric powder
- ½ tsp. salt
- 1 tbs. Crushed garlic
- handful of curry leave
- dhania
- 1 tbs. Fish masala
- 1 tbs. Red chillies
- ½ cup red aamli (soaked in 1 cup boiling water)

Braise onion, whole jeeru, garlic and curry leaves. Add in all other ingredients and cook. Once cooked, add in fried fish and let it boil for a few minutes. Lastly, add in dhania.

METHOD

Rub butter into dry ingredients and make into soft dough.

Roll out dough, smear a little butter and fold over like flaky pastry.

Repeat once more.

Roll out into small rounds and prick with fork. Bake at 180 degrees for 5 minutes.

SAUCE

- 1 tin Tomato & Onion Mix
- 2 tbs. oil
- 1 tsp. mixed herbs
- 1 tsp, crushed garlic
- ½ cup tomato sauce
- ½ cup chilli sauce
- 2 tbs. Mustard sauce
- 1 tsp. chilli powder

Mix altogether in pot and heat thoroughly.

Put a little sauce on each round with sliced mushroom, cubed peppers, cheese and bake for 10 minutes.

Optional : filling of your choice.