

# Goan Fish

*Serves 8 – 10 as part of an Indian meal*

## **Ingredients**

1 ½ cups dried red chili peppers broken into small pieces  
1/3 cup coriander seeds  
¼ cup cumin seeds  
¾ cup (6 fl oz 180 ml) white vinegar  
1 tablespoon finely grated fresh ginger  
1 tablespoon crushed garlic  
2 teaspoons ground turmeric  
½ cup (4 fl oz/125 ml) vegetable oil and melted unsalted butter combined  
1 lb (500 g) yellow (brown) onions, (about 3 medium), halved & sliced  
2 large tomatoes, unpeeled, quartered  
2 fresh green chili peppers slit lengthwise  
2 ½ cups (20 fl oz/625 ml) coconut milk  
Salt to taste  
2 lb (1kg) white – fleshed fish fillets such as snapper, ling, cod or ocean perch  
Steamed Basmati Rice for serving

## **Method**

- In a spice grinder, grind dried chili pepper, coriander seeds and cumin seeds to a powder.
- Place in a bowl and combine with vinegar, ginger, garlic and turmeric to form a paste. Set aside
- In a large karhai wok, heat oil and butter mixture over medium-low heat. Add onions and cook, uncovered, stirring often, until soft, about 10 minutes.
- Add spice paste and cook, stirring, until fragrant, about 3 minutes. Add tomatoes, green chili peppers and coconut milk, and cook, uncovered stirring often, until tomatoes soften, about 5 minutes.
- Season with salt.
  
- If fish fillets are large, cut into serving-sized pieces. Add fish to sauce and cook, uncovered until fish flakes when tested with a fork, about 5 minutes.
- Serve hot with steamed rice.

Note: Adjust dried chili popper according to your taste – the full quantity makes a hot dish.

**ENJOY!**