

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	5-10	Medium	Chillies Green	Sliced Masala
10		nos	Ginger	Sliced Masala
10		Flakes/Seeds/Cloves	Garlic	Sliced Masala
1		Dessertspoon	Jeera/Cumin Seeds	Grind
Half		Dessertspoon	Mustard Seed	Grind
1		Dessertspoon	Kuskus - poppy seeds	Grind
Half		Inch	Turmeric/Haldi	Grind
10		Flakes/Seeds/Cloves	Garlic	Grind
1		Inch	Ginger	Grind
3/4		units	Coconut	Fresh
Half		Teacup	Sweet Oil	For frying
3		Medium	Onions	Slice and fry
50		Nos	Sardines	
2		Tablespoon	Vinegar - Malt	According to taste

Method

Masala sliced

Remove the stems and cut the green chillies length wise. Also, slice some garlic and ginger.

Masala ground

Grind, jeera, mustard seed and kuskus, turmeric, garlic and ginger.

Coconut Milk:

Grind the coconut fine, and extract coconut milk.

For seasoning:

Slice onions, for frying. Brown the sliced onions slightly in half cup of sweet oil in a vessel large enough to hold the fish pieces. Add the ground masala and fry till the raw smell goes. Put in 2 tables spoons of vinegar. Let it cook for five minutes.

Add the sliced masala (green chillies, sliced garlic and ginger) and fry a little more.

Now put the fish, previously cleaned, washed and entrails removed. If the sardines are big, cut them to a suitable size. Simmer for a while cooking on a slow fire. Do not stir with the spoon. But occasionally, shake the pan to keep the fish from burning. Add the coconut milk last.

Do not cover the pan, after the coconut milk is added because it tends to curdle. Put the fire off, when the fish is cooked.