

Ingredients

Quantity	Measure	Ingredients	Description
1	Nos	Pompfret or any other fish	Clean and w
Half		Coconut - fresh.	Extract juice
1	Teaspoon	Vinegar	
A	Little	Salt	to taste
5	Tablespoon	Cooking Oil	to fry the fish
8	Nos	Chillies, Red Dry	For grinding
1	units	Turmeric/Haldi	For grinding
1	Tablespoon	Coriander/Dhania	For grinding
1	Teaspoon	Jeera/Cumin Seeds	For grinding
5	Nos	Pepper Corns	For grinding
2	Nos	Onions	For slicing
2	Nos	Chillies, Green	For slicing
1	units	Ginger	For slicing
4	Flakes/Seeds/Cloves	Garlic	For slicing
1	Salt-Spoon	Salt	For applicati



Method:

Grind the ingredients set aside for grinding and mince those set aside for mincing. Beginners are helped a lot by keeping each separately in saucers, to be added to the boiling thin coconut

juice.

To prepare Coconut Juice, grind separately the coconut, and extract half a cup of thick and one cup of thin juice.

Wash, clean, remove scales and fins and cut the fish in pieces, apply salt and keep aside for 15 minutes. Then put some oil in a flat frying pan, and fry the fish pieces. When fried, remove and keep aside, to be added later to the curry.

Put the thin [juice of the coconut](#) in a cooking vessel and put the minced masala and cook on a medium fire until the onions are soft. Then add the ground masala, and its water, and stir. Continue boiling for some time. Add the fried fish to the curry, with vinegar and salt to taste. After simmering for a few minutes, add the thick juice and bring it to a boil and put off the stove.