

Ingredients

Quantity	Measure	Ingredients	Description
1	No.	Surmai	or Pomfret, c
5	Nos	Chillies, Red Dry	For grinding
1	Teaspoon	Jeera/Cumin Seeds	For grinding
1	inch	Turmeric/Haldi	For grinding
3	Nos	Chillies, Green	For grinding
2	Nos	Onions	For grinding
1	units	Ginger	for grinding
4	Flakes/Seeds/Cloves	Garlic	For grinding
2	Tablespoon	Vinegar	For grinding
2	Tablespoon	Ghee	or Cooking O
	Half	Onion	sliced for ter
1	Tablespoon	Sugar	for taste
A	Little	Salt	to taste
4	Nos	Potatoes	to be boiled.
6	Tablespoon	Cooking Oil	

Method:

Wash, cut the fish, and apply salt and turmeric powder, and keep aside for 15 minutes, before frying. Fry in hot oil, in a frying pan.

Boil the potatoes, peel them and cut them into pieces and keep aside.

Grind in vinegar, the ingredients set aside for grinding.

Slice half an onion, put ghee in a pot, and heat it, and when hot, brown the sliced onion. Put the ground masala in the pot and fry and stir often. add the water of the masala used for cleaning the stone or mixer, up to two cups, add salt, sugar and vinegar and boil.

When the curry is boiling, add the fried fish and boil for five minutes. Add the boiled potatoes. Indad also may be done without frying the fish.