

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Kilogram	Mackerels	Cut and
1		Medium	Onion	Sliced fine
5		Medium	Chillies Green	Slit
1		Inch	Ginger (Adhrak)	Chopped
1		Sprigs/Twigs	Currant Essence	Washed and d
1		Teaspoon	Mustard Seed (Sarson)	
4		Tablespoon	Coconut Oil	For Tempering
		As Required	Coriander Leaves (Kothmire)	Chopped
		As Required	Salt	to taste

Method

Wet grind the following to make a spicy coconut masala:

1 cup grated coconut
1/2 Onion chopped
3/4 Tsp Mustard Seeds
3/4 Tsp Cummin Seeds
1/2 Tsp Turmeric Powder
8 Madras Red Chillies
8 Kashmir Red Chillies
1/2 Tsp Methi Seeds
6 Pepper Corns
8 Garlic Cloves
Lemon sized ball of Tamarind
1 Tblsp Coriander Seeds

Heat oil in a heavy bottomed vessel. Add mustard seeds and allow it to splutter.
Add curry patta, onion, ginger, chillies and fry for a while.
Add the ground masala and fry for 5 minutes more stirring continuously.
Add enough water to form a thick but pouring consistency gravy.
Check salt and cover the vessel and allow it to boil for 5 - 10 minutes.
Open the lid and add the mackerels to it.
Shake and adjust the vessel so that every piece of the fish is covered in the gravy.
Do not stir as it may break the fish pieces.
Allow it to boil and then simmer it on very low gas for next 10 - 15 minutes.
Garnish with coriander leaves and serve hot with rice.