

Let's Get Cooking!

Catfish Curry

- ◆ 1 lb. catfish (2-3 fillets)
- ◆ ½ teaspoon fennel seeds
- ◆ Oil (2-3 tablespoons)
- ◆ 1 cinnamon stick
- ◆ 2 cardamom pods
- ◆ 1 large onion, finely chopped
- ◆ 4 garlic cloves
- ◆ 1 inch ginger
- ◆ 1 teaspoon turmeric
- ◆ 1 teaspoon chili powder
- ◆ ½ bunch fresh coriander
- ◆ 2-3 green chilies (finger hot peppers)
- ◆ ½ can unsweetened coconut milk
- ◆ Salt to taste

Rinse the catfish fillets in water and dab extra water off with paper towels. Cut fillets in half lengthwise and then in 2-3 inch pieces.

Grind and blend coriander, chilies, garlic, ginger, 1 tablespoon oil and coconut milk in a blender. (I use the Magic Bullet and it works like magic!!). The green masala is ready in 2 minutes flat!

Heat a non-stick skillet (a heavy-bottom frying pan at least an inch deep works fine as well). Add fennel seeds and roast them briefly to release the aromatic oils. Add 2 tablespoons of oil, onions, cinnamon stick and pods of cardamom. Fry the onions with constant stirring until golden brown. Add the fish, turmeric and chili powder and fry briefly on high heat (1-2 minutes). Turn down the heat to



low and add the green masala to the skillet. Cover the skillet and let the fish cook slowly for 10-12 minutes. (If possible, sprinkle water on the skillet cover to prevent the fish from drying out and/or burning the bottom of the pan). Remove from heat and season with salt to taste.

Tastes great with plain rice or rotis. Tastes even better the next day!
Serves four persons.

Readers may submit recipes by mail or email. Please include pictures and email your creations to recipes@citymasala.com.

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