

Sindhi Masala Fish

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Ingredients

4 large white fish fillets, plaice, haddock or cobbler are good
1 tbsp turmeric powder
2 tbsp plain flour
1 tsp chili powder
1 tbsp coriander seeds
2 tsp fennel seeds
2 garlic cloves
2 tsp garam masala
1 tsp salt
Vegetable oil to fry

Directions

Crush the coriander, fennel and garlic cloves in a pestle and mortar then empty into a bowl.

Mix the flour, turmeric, chilli powder, garam masala and salt.

Place the fish fillets into the masala mix until fully coated and set to one side.

In a large deep frying pan, add enough vegetable oil so it's about 5cm deep to fry the fish.

Heat the oil and test whether it's ready by dropping a small bit of the masala mixture into the oil, if it fizzes and turns brown in a few seconds the oil is ready.

Very gently slip in a couple of fish fillets and cook for around 4–5 minutes, gently turning it over until it has cooked through and has turned a wonderful yellow in color. Drain on some kitchen paper. Alternatively you can pan fry the fish until it's just cooked and crisp on the outside.