

Konkani Fish Curry

Cuisine

Konkan Coast / Maharashtra & Goa

Konkani fish curry is a coastal delicacy celebrated for its bold flavors and creamy coconut base.

Using freshly ground masala, tamarind, and local spices, it pairs perfectly with steamed rice.

The natural sourness from tamarind or kokum balances the spice and richness of the coconut milk — a true taste of India's western coastline.

Time Required

- **Preparation:** 15 min
 - **Cooking:** 20 min
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Ingredients

For the Curry:

- 500g fish (pomfret, mackerel, or surmai preferred)
- 2 tbsp coconut oil
- 1 onion, finely chopped
- 1 tomato, chopped
- 1 tsp mustard seeds
- 8–10 curry leaves
- Salt to taste
- Water as needed

For the Masala (to grind):

- 1 cup grated fresh coconut
 - 4–5 dried red chilies (Bedgi or Kashmiri)
 - 1 tbsp coriander seeds
 - ½ tsp cumin seeds
 - 3–4 garlic cloves
 - ½ inch ginger piece
 - Small ball of tamarind (or 2–3 kokum pieces)
 - ½ tsp turmeric powder
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Instructions

- 1. Prepare the Fish:**
Clean and wash the fish pieces thoroughly. Marinate lightly with salt and turmeric. Keep aside.
 - 2. Make the Masala Paste:**
Grind together coconut, red chilies, coriander seeds, cumin, garlic, ginger, tamarind, and turmeric using a little water until smooth.
 - 3. Cook the Base:**
Heat coconut oil in a deep pan or kadhai.
Add mustard seeds — let them splutter.
Add curry leaves and chopped onions. Sauté till golden brown.
 - 4. Add Masala & Tomatoes:**
Add the ground masala paste and sauté on medium flame for 2–3 minutes until aromatic. Then add chopped tomatoes and cook till they soften and oil separates slightly.
 - 5. Add Water & Fish:**
Pour about 1–1.5 cups of water (adjust consistency as you like).
Bring to a gentle boil, then carefully add fish pieces.
 - 6. Simmer Gently:**
Cook on low heat for 8–10 minutes until fish is cooked and the flavors blend. Avoid stirring too much to prevent fish from breaking.
 - 7. Taste & Adjust:**
Add salt or tamarind as needed for tanginess.
 - 8. Serve Hot:**
Serve the curry hot with **steamed rice**, **neer dosa**, or **bhakri**.
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Tips

- You can replace tamarind with **kokum (2–3 petals)** for a traditional coastal tang.
- Use **freshly grated coconut** for authentic flavor — not desiccated.
- Always use **coconut oil** for that distinct Konkan aroma.