



## Fish Pulusu Fish Curry

### Estimated Times:

**Cooking Time :** 12 mins  
**Standing Time :** 12 mins

**Servings :** 2 persons  
**Main Ingredient :** Fish



### Ingredients

|               |  |
|---------------|--|
| 1 to 1.5 tsp  | Chilli Powder                              |
| 3 tbsp        | Cilantro(chopped finely)                   |
| 3 tsp         | Coriander Powder                           |
| 1/2 tsp       | cumin powder                               |
| 1.5 tsp       | cumin seeds                                |
| 2-3 clove     | garlic                                     |
| 2 tsp         | Ginger-Garlic Paste                        |
| 4 or 5 number | Green chillies - 4 or 5 or more            |
| 2 tbsp        | Oil  |
| 1 number      | Onion paste made from 1 onion.             |
|               | to taste Salt                              |
| 75 grams      | Tamarind(Apple sized)                      |
| 1 lbs         | Tilapia Fish fillets(bonelss and skinless) |
| 1/4 tsp       | Turmeric                                   |
| 1.5 cup       | Water                                      |

### Directions

1).Soak tamarind in 1.5cups of water for an hour and extract the pulp 2).Clean the fish and marinate with all powders for 5-10minutes. 3).Meanwhile make a paste of onion. 4).Heat oil in a pan and add 1/4th tsp of cumin seeds,then the onion paste,slit green chillies, and saute until it is golden brown.Now add ginger garlic paste,saute for a while. 5).Add marinated fish and saute 2minutes on each side slowly flipping on high flame. 6).Now add the tamarind extract ,and stir slowly or shake the pan . 7).Cook on high heat until oil seperates. 8).Coarsely crush the 1.25tsp cumin and 2-3 cloves of garlic and make a paste. 8).Now add cumin-garlic paste,chopped cilantro,stir well and cook for couple of minutes ,check and adjust salt,chillipowder and switch off the stove and keep covered for 30minutes. DONE!Serve with rice.Usually this curry tastes good after 3-4 hours. Note : Cook entire curry openly with no lid on high flame . Take care,the tamarind pulp spills all over the stove.It hardly takes 10-12 minutes to cook.After done,swtich off the stove ,cover the lid and let it stand for 30minutes .

### Recipe Tips

### Serving Ideas



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