

# Coconut-Based Fish Gravy Recipe

## Overview

Cuisine: South Indian (Kerala-style)

Dish Type: Main Course

Serves: 4 people

Prep Time: 20 minutes

Cook Time: 25-30 minutes

Difficulty Level: Intermediate

## Ingredients

Fish (Main Ingredient)

- Type: Any firm white-fleshed fish (like Kingfish, Tilapia, Seer fish, Snapper, Cod, or Pomfret)
- Quantity: 500 grams (cleaned, cut into medium pieces)

To Marinate the Fish (Optional but Recommended)

- Turmeric powder -  $\frac{1}{4}$  tsp
- Salt -  $\frac{1}{2}$  tsp
- Lemon juice - 1 tsp

For Coconut Gravy Base

- Fresh grated coconut - 1 cup (OR  $\frac{3}{4}$  cup canned coconut milk +  $\frac{1}{4}$  cup water)
- Shallots - 4 to 5
- Garlic - 5 cloves
- Ginger - 1-inch
- Green chilies - 2
- Curry leaves - 1 sprig
- Tomato - 1 medium
- Tamarind - Gooseberry-sized ball in  $\frac{1}{4}$  cup warm water
- Mustard seeds -  $\frac{1}{2}$  tsp
- Fenugreek seeds -  $\frac{1}{4}$  tsp
- Turmeric powder -  $\frac{1}{2}$  tsp

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- Red chili powder - 1 tsp
- Coriander powder - 1½ tsp
- Pepper powder - ¼ tsp
- Salt - to taste
- Coconut oil - 2½ tbsp
- Water - ~1 cup

## Preparation Steps

### 1. Fish Preparation

- Clean and marinate fish with turmeric, salt, lemon juice for 15 min.
- Optionally sear lightly in coconut oil.

### 2. Coconut Mixture

- Grind coconut with spices and water to a smooth paste.

### 3. Tempering

- Heat oil, splutter mustard seeds, add fenugreek seeds.
- Add shallots, garlic, ginger, sauté till golden.
- Add green chilies, curry leaves.

### 4. Building the Gravy

- Add tomatoes, cook till oil separates.
- Add spice powders, sauté, add coconut paste and tamarind.
- Add water, simmer for 10 min.

### 5. Cooking the Fish

- Gently add fish, simmer for 10-12 min till cooked.

### 6. Finishing Touch

- Drizzle oil, add curry leaves, let rest before serving.

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## Serving Suggestions

Serve hot with steamed rice, appam, puttu, or parotta. Also pairs well with brown rice or quinoa.

## Storage Instructions

Refrigerate in airtight container up to 2 days. Reheat gently with splash of water.

## Notes and Variations

- Tamarind paste (1½ tsp) can replace fresh.
- Use kokum, green mango, or vinegar as alternate souring agents.
- Substitute coconut with cashew paste or evaporated milk (not traditional).
- Spice adjustment: add/remove chilies as preferred.
- Vegetarian version: use tofu or yam instead of fish.

## FAQs

Q: Can I use frozen fish?

A: Yes. Thaw and pat dry.

Q: Can I make it without coconut?

A: Use tomato-onion base, but flavor and texture will change.

Q: Best fish type?

A: Kingfish, Pomfret, Snapper, Tilapia, Seer fish.

Q: How to thicken gravy?

A: Simmer longer or use rice flour slurry.

Q: Can I freeze?

A: Not recommended. Coconut gravy may split.