

# Sheba's Kitchen

## FISH

### Fish Curry



### Ingredients

- 2 Big Pieces of Fish Steaks ( see above)
- 1/2 Onion - medium
- 1 Small Green Chilli
- 1/2 Tea Spoon of Ginger Garlic Paste
  
- 2 Tea Spoon of Corairnder Powder
  
- 1/2 Tea Spoon of Red Chilli Powder
- 1/4 Tea Spoon of Turmeric Powder
- 1 Tea Spoon of Salt
- 3/4 Cup of Water
- 5 Table Spoon of Oil
- Pinch of Mustard Seeds
- Pinch of Dried Fenugreek Leaves
- 3 Table Spoon of Yogurt

### Information

|              |                            |
|--------------|----------------------------|
| Serves       | 2 to 3                     |
| Cooking Time | 20 minutes                 |
| Eat with     | Bread/ Rice                |
| Cook ahead   | Yes                        |
| While eating | Be careful with fish bones |

### Steps Using Cooker

- 1 - Thinly slice onion and fry in 5 table spoon of oil till medium golden brown
- 2 - Remove fried onions and lay them on paper towel, leave oil in cooker
- 3 - Fry mustard seeds in the remaining oil for one minute on medium heat
- 4 - Add all spices to the cooker and fry for another two minutes with some water
- 5 - Take yogurt and fried onions and blend it in a blender
- 6 - Transfer yogurt paste to pressure cooker and cook with spices
- 7 - Cook on medium heat, keep on stirring till the paste turns grainy ( the water must evaporate) and you can see the oil
  
- 8 - Using kitchen knife or scissors cut fish steaks to two pieces each . Add the fish to the pot. Add green chilli and ramining water to the cooker and close it
- 9 - Wait till the pressure builds after that turn the heat to medium and cook for another 3 minutes
- 10 - Turn off the heat, when safe open the pressure cooker and serve in a dish
- 11 - Garnish with dry fenugreek leaves