

Cod Curry

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Spicy, moist, and bursting with exotic flavors, this Cod Curry is a real treat any night of the week. The aromatic dish is surprisingly simple to prepare - the flavors of the dish come from pungent Indian spices and spicy jalapenos, and the tender, simple fish soaks up the spicy flavors in just minutes. Serve over rice and enjoy the exotic flavors of India right at home.

Ingredients:

2 Tbsp vegetable oil
1 medium onion, chopped
1 tsp garlic paste
1 tsp ginger paste
2 tsp cumin
2 tsp coriander
1 tsp cardamom
½ tsp turmeric
½ tsp salt
2 fresh jalapeno peppers, seeded and diced
¼ c. chopped cilantro
1 Tbsp lemon juice
1 (28 oz) can diced tomatoes with juice
1 lb cod fillets, cut into chunks

Directions:

1. In large skillet heat oil over medium heat. Saute onion over low heat until softened and aromatic.
2. Add garlic paste and ginger paste and cook 1 minute. Stir in cumin, coriander, cardamom, turmeric, and salt until combined. Add jalapeno, cilantro, lemon juice, and can of tomatoes. Reduce heat to low, cover, and simmer for 20 minutes.
3. Return sauce to a boil and place cod in the skillet. Reduce heat to low, and cook for 15 minutes or until fish flakes easily with a fork. Serve hot over rice, if desired.

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