

Tamarind-Ginger Fish

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A delightful dish that features tender cod simmered in a spicy and flavorful sauce is the perfect way to spice up any weekday evening or weekend. The simple dish takes only minutes to prepare and can be served over a bed of rice, along with roasted vegetables or as the base of a soup. The delightful dish is bursting with exotic flavors and zesty spices, and will be an instant favorite the first time you try it.

Ingredients:

1 Tbsp cooking oil
1 tsp mustard seed
2 Tbsp fresh ginger, minced
1 c. onions, chopped
2 c. water
1 Tbsp tamarind paste
2 Tbsp coriander powder
½ tsp ground red pepper
salt to taste
½ lb cod fillets, cut into 1-inch cubes
fresh curry leaves, optional

Directions:

1. In small saucepan heat cooking oil over medium-high heat. Cook mustard seeds in hot oil until they begin to crackle.
2. Slowly stir in ginger and onion and cook for 5 minutes or until onion is translucent and aromatic.
3. Add water and stir in tamarind paste. Bring to a boil. Reduce heat to a low simmer and stir in coriander, chile powder, and salt. Cook for 15-20 minutes, stirring occasionally.
4. Add fish and simmer until the cod is cooked through and flakes easily with a fork. Garnish with fresh curry leaves.

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