

Meen Molee - Fish In Coconut Sauce

FISH IN COCONUT SAUCE is a simple, elegant dish popularized by Kerala's Christian communities who serve this dish at Easter and Christmas. Fish dishes are generally eaten with rice, but at weddings and parties this dish is served with bread. Bread helps to mop up the lightly spiced and creamy gravy. Malayalees use a firm white fish called kingfish, which is only available in specialist stores. Halibut adapts well to this easy to cook dish. FISH IN COCONUT SAUCE can be eaten with plain cooked rice or with crusty bread.

Ingredients (To serve 4)

- Halibut steaks - 1½ lb / 680 gm
- Medium onions - 2
- Ginger - 2-inch / 5-cm piece
- Garlic cloves - 4
- Small green chilies - 4
- Medium tomatoes - 2
- Olive oil - 4 tbsp
- Pepper - 1 tsp
- Coriander powder - 1 tsp
- Turmeric powder - ¼ tsp
- Curry leaves - 6
- Coconut milk - 7 fl oz / 207 ml
- Salt - 1 tsp

Nutrition Information (per serving) %DV

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|---------------|--------|------|
| Calories | 493 | 25 % |
| Carbohydrates | 18 gm | 6 % |
| Protein | 39 gm | 78 % |
| Fat | 30 gm | 50 % |
| Cholesterol | 54 mg | 18 % |
| Sodium | 719 mg | 30 % |
| Fiber | 4 gm | 16 % |
| Calcium | 127 mg | 13 % |
| Iron | 4 mg | 22 % |

Utensils

- Large skillet

Preparation (5 minutes)

1. Wash the fish steaks.
2. Peel and finely slice the onions.
3. Peel and mince the ginger and garlic.
4. Trim the stems off and slit the green chilies lengthwise into thin strips.
5. Chop the tomatoes into small chunks.

Cooking (25 minutes)

1. Heat the oil on high in the large skillet.
2. Add the sliced onions to the hot oil and sauté until the onions are golden brown.
3. Add the ginger, garlic, and green chilies and stir-fry for a minute.
4. Add the pepper, coriander, and turmeric powders. Stir-fry until the aroma of the spices is released.
5. Add the tomatoes and curry leaves to the spice mixture and mix well. Cook until the tomato pieces become soft.
6. Lay the fish steaks on the spice-tomato mixture.
7. Add the coconut milk and ¼ cup of water.
8. Bring the liquid to a boil.
9. Reduce the heat, and let the fish simmer in the liquid for about 10 minutes.
10. Flip the fish steaks gently, so as not to break the fish, and cook the other side for another 10 minutes.
11. Turn up the heat to thicken the sauce.
12. Once the fish is cooked (flakes easily), remove the skillet from heat.
13. Season with salt.

Serve: Hot.

Note: Any firm, white fish steak or fillets can be substituted – tilefish, pomfret, or whole butterfish.

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