

Meen Vevichathu - Red Fish Curry

Some Malayalees use a fiery chili powder for this dish to enjoy both the bright red color and mouth-searing chili-hot flavor. With several grades and varying potency of chili powders available, RED FISH CURRY can be made to taste.

Traditionally cooked in terracotta pots (*meenchatti*) with kingfish, coconut oil, and fish tamarind, this version has been adapted with halibut, olive oil, and tamarind concentrate. The sauce has a distinct piquant taste. In northern parts of Kerala, this dish is always prepared for wedding get-togethers. RED FISH CURRY is eaten with rice and vegetables, cooked tapioca, or RICE MUFFIN (*puttu*).

Ingredients (To serve 4)

- Halibut steaks - 1 lb / 450 gm
- Large onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Garlic cloves - 2
- Small green chilies - 2
- Tamarind concentrate - ½ tsp
- Olive oil - 3 tbsp
- Fenugreek seeds (*methi*) - ½ tsp
- Red chili powder - ½ tbsp
- Turmeric powder - ¼ tsp
- Salt - 1 tsp

Utensils

- Blender
- Pan large enough to hold the halibut steaks in a single layer

Preparation (10 minutes)

1. Cut the fish steaks into 3-inch pieces and wash.
2. Peel and mince the onion.
3. Peel the ginger and garlic.
4. Trim the stems off the green chilies.
5. Add the ginger, garlic, and green chilies to the blender to make a smooth paste.
6. Dilute the tamarind concentrate with 1-2 tbsp warm water.

Cooking (20 minutes)

1. Heat the oil in the large pan over high heat.
2. Add the minced onion to the hot oil and sauté until golden brown.
3. Add the ginger, garlic, and green chili paste. Stir-fry for a minute.
4. Add the fenugreek seeds and stir-fry for 15 seconds.
5. Add the red chili and turmeric powders and stir-fry until the aroma of the spices is released.
6. Add the fish, tamarind liquid, salt, and about ¾ cup water to cover the fish.
7. Simmer until the fish is cooked (flakes easily) and the gravy reduced to a thick sauce.
8. If the fish cooks before the gravy is reduced, remove the fish from the pan and turn up the heat to reduce to thick gravy. Once the gravy is reduced, put the fish back into the gravy.
9. Season with salt.

Nutrition Information

	(per serving)	%DV
Calories	251	13 %
Carbohydrates	8 gm	3 %
Protein	25 gm	50 %
Fat	13 gm	20 %
Cholesterol	36 mg	12 %
Sodium	664 mg	28 %
Fiber	2 gm	8 %
Calcium	75 mg	8 %
Iron	2 mg	11 %

Serve: Warm.

Note: Substitute with any firm white, fish steaks.

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