

Thakali Chertha Meen - Salmon With Tomatoes

SALMON WITH TOMATOES has delicious, aromatic tomato gravy enriched with natural oil from the salmon. This dish, in Kerala, is made with pearl spot (*karimeen*), considered by many Malayalees to be a delicacy, although it is hard to eat because of its many bones. Pearl spot is still only available in specialist stores, but this dish will work any fish rich in natural oil. It goes well with YOGURT RICE, SAUTÉED GOURD, or SPINACH STIR-FRY.

Ingredients (To serve 4)

- Salmon steaks - 1½ lb / 680 gm
- Red chili powder - ¾ tbsp
- Turmeric powder - ¼ tsp
- Salt - ½ tsp
- Pepper - ½ tsp
- Medium onions - 2
- Garlic cloves - 2
- Small green chilies - 3
- Medium tomatoes - 3
- Lemon - 1
- Olive oil - 3 tbsp

Nutrition Information

	(per serving)	%DV
Calories	401	20 %
Carbohydrates	17 gm	6 %
Protein	37 gm	74 %
Fat	22 gm	34 %
Cholesterol	94 mg	31 %
Sodium	425 mg	18 %
Fiber	5 gm	20 %
Calcium	71 mg	7 %
Iron	3 mg	17 %

Utensils

- Large skillet

Preparation (10 minutes + marinating)

1. Wash the salmon steaks. Make deep gashes on each side.
2. Blend the red chili and turmeric powders, salt, pepper, and a little water to make a thick marinade paste.
3. Smear the fish with the marinade. Keep the fish aside for at least 30 minutes.
4. Peel and mince the onions.
5. Peel and mince the garlic.
6. Trim the stems off and mince the green chilies.
7. Chop the tomatoes into small chunks.
8. Quarter the lemon.

Cooking (15 minutes)

1. Heat the oil in the skillet over high heat.
2. Add the minced onions to the hot oil and sauté until golden brown.
3. Add the minced garlic and green chilies. Stir-fry the mixture for a minute.
4. Add the tomatoes and stir into the mixture.
5. Move the tomato mixture aside, and lay the fish directly on the skillet.
6. Reduce heat to medium, and cook the fish for about 8 minutes.
7. Flip the fish over carefully with a spatula.
8. Add some of the tomato mixture on top of the side that was just fried.
9. Fry the other side for about 8 minutes.
10. The fish is ready when it flakes easily.
11. Decorate with the quartered lemon.

Serve: Hot.

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