



Ingredients

1 (1" piece) ginger, sliced
2 green chillies, chopped
10 shallots (small onions), sliced
1 raw mango, peeled and diced
1 tbsp Kashmiri red chilli powder
1 tsp turmeric powder
5 sprigs fresh curry leaves
Salt to taste
500 g Seer fish steaks
1 tbsp coconut oil

Corn starch mix

1 heaped tsp corn flour
½ cup water
Coconut milk
(made from one medium coconut)
2 cups thin coconut milk, 2nd extract
1 cup thick coconut milk, 1st extract

Nutrients

Approx. calories per serving: 360 kcal

Procedure

Preheat a 24 cm Regular unit with a tablespoon of coconut oil until the Thermo Indicator reaches the 20 degree mark. Lower the heat and add in the sliced shallots, ginger and green chillies. Fry till the shallots are soft (about two minutes). Stir in the raw mango, red chilli powder and the turmeric powder. Fry for just 10 seconds.

Add 2 cups of thin coconut milk, 2nd extract. Measure the milk and add water if necessary to make it two cups. Simmer for 5 minutes on medium flame and add in the curry leaves. Make corn starch mixture by mixing one heaped teaspoon of corn flour in half a cup of water. Add the corn starch slurry into the unit. Add salt to taste and mix well.

Now add 1 cup thick coconut milk and the fish pieces. Cover and cook on low heat for 7-8 minutes or until the Thermo Indicator reaches the 100 degree mark. Remove from heat. Serve on a bed of steamed rice.