

Kari Ikan

Kari Ikan veut dire Curry au Poisson

Ingredients

A Ingredients

1. Cooking Oil that can stand the heat (not olive oil) 1/2 cup.
2. Cumin seeds 1 1/2 tsp
3. Fennel seeds 1 1/2 tsp
4. Fenugreek 1/2 tsp
5. Onion 1 sliced
6. Cloves garlic 6 minced.
7. Tomatoes 4
8. Curry Leaves 2 stalks
9. Okra 100g

B Ingredients

1. Baba Fish Curry Powder 3 tbsp.
2. Water 2 Cups.
3. Tamarindo Pulp 80g in 1 Cup of water.
4. Salt 1 tbsp
5. Slices of fish sliced 500g

Cooking Instructions

- 1 . Sauté ingredients A in high heat. 5 Minutes
- 2 . Add Curry powder with a little water, sauté until oil separates.
- 3 . Reduce heat, Add water, Salt, Tamarindo juice Cook 10 minutes.
- 4 . Reduce the heat, add fish, cook until done appx 5 min