

Fisch in Tomaten- und ChilisaUCE mit gebratenen Zwiebeln

867

Typ: Fisch

Quelle: Curry Bible, S. 121

Bemerkungen: This delicious dish, in which firm-fleshed fish is shallow-fried until browned, then simmered in an alluringly spiced chilli and tomato sauce, originates from north-east India. It is best served with plain boiled rice.

Zutaten 700 g tilapia fillets, cut into 5-cm pieces
2 tbsp lemon juice
1 tsp salt, or to taste
1 tsp ground turmeric
4 tbsp sunflower or olive oil, plus extra for shallow-frying
2 tsp granulated sugar
1 large onion, finely chopped
2 tsp ginger purée
2 tsp garlic purée
½ tsp ground fennel seeds
1 tsp ground coriander
½-1 tsp chilli powder
175 g canned chopped tomatoes
300 mL warm water
2-3 tbsp chopped fresh coriander leaves
cooked basmati rice, to serve

Rezept: Lay the fish in a large plate and gently rub in the lemon juice, ½ teaspoon of the salt and ½ teaspoon of the turmeric. Set aside for 15-20 minutes.

Pour enough oil for shallow-frying to cover the base of a 23-cm frying pan to a depth of about 1 cm and place over a medium—high heat. When the oil is hot, fry the pieces of fish, in a single layer, until well browned on both sides and a light crust is formed. Drain on kitchen paper.

Heat the 4 tablespoons of oil in a medium saucepan or frying pan over a medium heat and add the sugar. Allow it to brown, watching it carefully because once it browns it will blacken quickly. As soon as the sugar is brown, add the onion and cook for 5 minutes, until soft. Add the ginger and garlic purees, and cook for a further 3-4 minutes, or until the mixture begins to brown.

Add the ground fennel, ground coriander, chilli powder and the remaining turmeric. Cook for about a minute, then add half the tomatoes. Stir and cook until the tomato juice has evaporated, then add the remaining tomatoes. Continue to cook, stirring, until the oil separates from the spice paste.

Pour in the warm water and add the remaining salt. Bring to the boil and reduce the heat to medium. Add the fish, stir gently, and reduce the heat to low. Cook, uncovered, for 5-6 minutes, then stir in half the chopped coriander and remove from the heat. Serve garnished with the remaining coriander and accompanied by cooked basmati rice.