

kane gasi

preparation time: 10 minutes
cooking time: 25 minutes
chilli rating: mild

difficulty level: easy
serves: 4-6 as part of an Indian meal

ingredients

2 tbs vegetable oil
1 brown onion, finely chopped
1 tsp salt
1 recipe coondapour masala
(see Ajoy's tips)
1 can (400 ml) coconut cream
1 tsp tamarind concentrate
750 g white fish fillets
(such as snapper or ling),
cut into 1-inch pieces

method

In a large frying pan, heat oil over medium-low heat. Add onion and salt and cook, uncovered, stirring frequently, until onion is softened.

Add coondapour masala and coconut cream and raise heat to medium.

Bring to a simmer. Stir in tamarind concentrate and then add the fish.

Cook until fish is just cooked and flakes when tested with a fork.

Taste and adjust seasoning as necessary.

Transfer to a serving dish and serve immediately.



red chillies used in the coondapour masala

Ajoy's tips To make coondapour masala click [coondapour masala recipe](#). Click [Ajoy's blog](#) to read about southern Indian food of which this recipe is a classic example.

This recipe remains the copyright of ajoy joshi & nilgiri's. For more recipes visit our [recipe page](#)