

## SEABASS CURRY WITH MUSTARD AND TOMATOES

### For frying the Fish:

Seabass: 1 kg cut in slices (Traditionally, Rohu is used to make this curry). I had about 8 pieces excluding the fish head.

Mustard powder: 2 tablespoons

Garlic paste: 1 ½ tsp

Turmeric: ½ tsp

Whole wheat flour (*aata*): 1 ½ tbsp

Salt: to taste

Mustard oil: 2 tbsp, for frying

### For the curry:

Black mustard seeds (*rai*): ½ tsp

Dry red chillies: 2

Tomatoes: 1 big, ground to a paste. ½ a tomato chopped finely.

Garlic Paste: 1 ½ tsp

Turmeric: ¼ tsp

Red Chilli powder: ¼ tsp

Mustard powder: 4 tbsp

Green chillies: 2

Warm Water: 3 ½ cups

Salt

### How I did it:

1. Take ¼ cup warm water to mix together 6 tbsp of mustard powder (2 for frying the fish and 4 for the curry). Leave aside for 5 mins.
2. Rub 1/3 of this mustard paste along with garlic paste, turmeric, flour and salt (see ingredients under 'for frying the fish'). Let it rest for 15 mins.
3. Heat 2 tbsp of oil in a flat nonstick frying pan. Once the oil starts smoking, remove from heat. Let it cool for 30 seconds. Then add the fish pieces frying it on medium heat until it turns slightly brownish. The fish pieces will also cook in the curry later so do not overcook the fish.
4. In a non-stick *kadhai* / deep bottomed pan, add 1 tbsp mustard oil. Once the oil starts smoking, let it cool off a bit before adding the black mustard seeds (*rai*) and the dry red chillies. (Note: I added the dry red chillies but took it out once it was done before moving to the next step as I was also making it for my little one. If not, leave the dry red chillies in and continue to the next step).
5. Add garlic paste. Fry for a minute on low heat.
6. Add tomato paste, turmeric, red chilli powder and salt. Fry on low-medium heat until the tomatoes are fully cooked and form one mass. (about 7-8 mins).
7. Add the remaining mustard paste. Cook for about 2 mins. Do not overcook the mustard as it can turn bitter.
8. Add 3 ½ cups of warm water. Bring it to a boil. Let the curry boil on low-medium heat, covered, for another 7-8 mins. Adjust salt if necessary.
9. Gently slide in the fish pieces and the chopped tomatoes into the curry from the sides. The curry is supposed to be of thin consistency. Adjust water to your liking but always add hot water to make sure the cooking process doesn't slow down.
10. Continue cooking uncovered on low heat for 5 mins before turning it off. (I added the dry roasted red chillies at this point).
11. Let it rest for about 10 mins before serving. This step will make sure that the fish pieces absorb the curry.
12. Garnish with chopped coriander leaves.

**Notes:**

*I cooked this with 'Sunrise' mustard powder. The only downside is that it isn't so easily available everywhere. You can try making the same with other commercially available Mustard powders. If you have a powerful grinder, you can use that to make fresh mustard paste. Soak 3 tablespoon of yellow mustard seeds + 3 tablespoons of black mustard seeds for 30 mins in warm water. Add the mustard seeds, 2 green chillies and salt and grind to a paste. Do not grind for too long as it can make the mustard paste bitter.*

*Back home, this is usually made with [Rohu](#). I prefer to make this curry with Seabass as fresh Seabass is easily available here. It has less bones and tastes great!*

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