



Catfish curry

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 lb. Catfish nuggets
- 2 cups cauliflower florets
- 2 Tbsp lemon juice
- 1/2 tsp + 1/2 tsp turmeric powder
- 1 tsp + 1 tsp salt
- 1 tsp + 1 tsp cumin powder
- 1/2 cup yogurt
- 2 small tomatoes chopped
- 3 Tbsp tomato puree
- 2 Tbsp oil
- 1 tsp cumin seeds
- 2 Indian green chili or jalapeno
- 2 tsp minced garlic (more if desired)
- 1 tsp ginger powder (or 2 tsp chopped fresh garlic)
- Water
- Cilantro

Instructions

- Wash the catfish. Do not wash too many times otherwise the oils will drain away
- Mix the catfish with 1 tsp salt, 1/2 tsp turmeric powder, 1 tsp cumin powder and 2 Tbsp lemon. Keep it for at least 1/2 hr - 1 hour
- Heat oil in a wok.
- Put the cumin seeds and when they sputter, put the onions. Stir fry for a while and then put the minced garlic. Stir fry till onion becomes translucent
- Put the chopped tomatoes, stir fry till soft, then put the tomato puree.
- Put the remaining turmeric, salt and cumin powder. Stir fry till it becomes gooey

-
- Put the yogurt and continue to stir fry till the fat separates
 - Put the cauliflower, stir fry about 5 mins
 - Put the catfish and stir fry everything till the sauce coats the cauliflower and fish evenly - about 5 mins
 - Put enough water to cover everything. Bring to a boil, then simmer for 15 mins. Reduce gravy to desired consistency.
 - Garnish with chopped cilantro
 - Serve with hot rice