

Personal recipes of Usha Kirpalani ~ author of "Indian Cooking for all Occasions".

Machi Masaley Vari

- 1 kg Mackerel
- 2 large onions / 2 cups of chopped onion
- 1 tsp chilli powder, adjust heat level according to your taste
- 1 tbsp ginger paste
- 1/2 tsp turmeric powder
- 1 tbsp cumin seeds, roasted and powdered
- 1 tsp carom seeds/ajwain seeds, roasted and powdered
- 1/2 tsp fish masala/garam masala powder
- juice of half a lemon
- 2 tbsp tamarind pulp
- Salt, to taste
- Oil, as required

For Tempering:

- 2 to 3 green chillies, chopped
1. Cut the fish into big pieces, wash thoroughly.
 2. In a bowl, add the chilli powder, turmeric powder, ginger and garlic paste, cumin seeds powder and salt, mix thoroughly.
 3. Divide the paste into two halves, one portion is used for marinating fish, the other half is used for the dry masala.
 4. Marinade the fish pieces with one half of the paste along with lemon juice and carom seeds/ajwain seeds powder. Keep marinated for 10 to 15 minutes.
 5. Heat 2 tbsp of oil in a non stick pan, shallow fry the fish pieces till it turns a medium golden brown colour on both sides, keep aside.
 6. In the same pan, heat 2 tbsp of oil, add the chopped onion and fry till translucent.
 7. Add the rest of the masala paste along with fish masala /garam masala powder and salt, if required, fry for 3 to 4 minutes.
 8. Add 2 tbsp of the tamarind pulp and cook for a minute or two by constant stirring. Lastly, slide in the fish and let cook covered for another 5 minutes on medium heat.
 9. To temper, heat a little oil, add chopped green chillies and pour tempering to the fish masala, serve hot with rice and chapatis.