

Kottayam Meen Vevichadu



Ingredients

- Fish – ½ kg, cut into medium size pieces
- Mustard seeds – 1 tsp
- Fenugreek (uluva) – ¼ tsp
- Ginger & garlic – 1½ tbsp, crushed into a fine paste
- Small onion – 6-8
- Kashmiri chili powder – 1½ – 2 tbsp
- Coriander powder – 1½ – 2 tbsp
- Turmeric powder – ½ tsp
- Cocum/kudampuli – 2,3 pieces
- Curry leaves
- Salt
- Coconut oil

Method

1. Soak cocum in 3 tbsp water for 10 minutes. Mix the powders (chili, coriander & turmeric) together with coconut oil/water & make a paste.
2. Heat oil in a meenchatti (earthen ware) or a pan & splutter mustard & fenugreek.

3. Add crushed ginger garlic paste & stir for 3,4 minutes. Add small onion & curry leaves & saute till it becomes soft. Add the masala paste, salt & fry till oil starts appearing.
4. Add cocum along with the water & fish pieces. Combine well. Make sure that fish pieces do not get broken in the process, it will be safer to rotate the pan to ensure that fish & masala is mixed well.
5. Add required amount of water & cook till the fish is done & gravy becomes thick, it will take around 20 -25 minutes on low flame.
6. Serve with rice or kappa (tapioca)