

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Fish in Mustard-Chile Sauce Sorshe Maach

"660 Curries" by Raghavan Iyer

Seafood is a major diet component of all the Indian regional cuisines. Here's a nice, simple and moderately piquant fish offering that's quick to fix...

- ½ tsp ground turmeric*
- 1 lb skinless, white-flesh fish (cod, halibut, swordfish, pollock)*
- 1 Tbsp black (or yellow) mustard seed*
- 4 fresh green Serrano chiles, stem removed*
- 3 Tbsp mustard oil (available through Asian or Indian groceries, or online)*
- ½ cup water*
- 1 tsp kosher or sea salt*
- 1 tsp granulated sugar*
- 1 tsp granulated ginger*
- 2 Tbsp minced cilantro*

Sprinkle turmeric over fish, then rub in on both sides. Refrigerate for at least 30 minutes, preferably overnight. Meanwhile, combine mustard and chiles in a mortar and pound them to release the aroma; you will have a slightly gritty-appearing paste.

Heat 2 Tbsp of the mustard oil in a large skillet over medium-high heat. Add the spice paste and stir-fry until it is "sunny-brown," about 1 minutes. Quickly add ½ cup water to deglaze, scraping up any browned bits. Stir in salt and sugar.

Place fish in a single layer in the skillet, spooning sauce over fillets. Lower heat to medium, cover and poach the fillets until they begin to flake, about 5-7 minutes. Drizzle with remaining oil and sprinkle with cilantro; serve immediately.

Yield: Four servings

Preparation time: 20 minutes, plus at least 30 minutes chilling

Cooking time: 12-15 minutes

