

4-5 green chillies  
 1 tsp cumin seeds  
 1 tbsp coriander seeds  
 1-inch piece ginger  
 8-10 cloves garlic  
 1 cup coconut scraped  
 8-10 whole red chillies  
 5 cloves  
 2 pieces of cinnamon  
 2 tbsp vinegar  
 2 tbsp oil  
 3 tbsp tamarind pulp  
 Salt to taste

#### Method

Clean, wash, and slice fish into half-inch thick slices. Marinate the fish with salt and turmeric powder for 15 minutes. Chop onions finely, slit green chillies into half. Dry roast cumin and coriander seeds. Grind coconut, red chillies, cumin and coriander seeds, ginger and garlic, cloves, and cinnamon with vinegar.

Heat oil in a pan, add onions, sauté till golden brown. Add ground coconut masala and cook on high heat for 2-3 minutes, stirring continuously. Add 3 cups of water and bring it to a boil. Stir in slit green chillies. Place marinated fish slices gently



into the gravy and simmer for 5 minutes.

Stir in tamarind pulp, dissolved in half a cup of water. Add salt and cook on low flame for 5 minutes. Serve hot with steamed rice.

#### CREAMY APPLE CHICKEN

##### Ingredients

2 tbsp plain flour  
 4 chicken legs  
 1 tbsp olive oil  
 2 tbsp butter  
 1 large onion, sliced  
 1 cup chicken stock  
 1 cup apple juice  
 2 tsp whole grain mustard  
 5 tbsp cream  
 2 red apples (cored and thickly sliced)  
 Salt and pepper, as required  
 Chopped fresh parsley, to garnish  
 Mashed potatoes to serve

##### Method

Spread out the flour on a plate, and season well with salt and pepper. Toss the chicken legs in the seasoned flour, shaking off any excess. Heat oil and half of the butter in a large frying pan. Fry chicken legs over a high heat, turning occasionally, for 10 minutes, until golden brown all over. Add the onion and fry for 1-2 minutes. Pour in the stock and the apple juice, then cover and simmer for 30 minutes, until the chicken is cooked through, and the juices run clear when a skewer is inserted into the thickest part of the meat.

Remove the chicken from the pan, cover and keep warm. Bring the liquid in the pan to boil and boil rapidly until reduced by one third. Stir in the mustard and cream, and simmer for 5 minutes until the sauce thickened. Heat the remaining butter in a small frying pan and fry the apple slices for 2-3 minutes, until tender and golden. Transfer the chicken and fried apples to plates, pour over the sauce and garnish with parsley.

Serve immediately with mashed potatoes.

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