

**INGREDIENTS:**

- 1 Kilo of firm white fish steaks
- 4 tablespoons sunflower oil
- 1 teaspoon sugar
- 3 teaspoons salt
- 2 handfuls chopped coriander leaves
- 2 teaspoons turmeric
- 1 large onion thinly sliced
- 2 crushed garlic cloves
- 2 teaspoons ground cumin
- 3 bay leaves
- One-inch piece of root ginger, peeled and grated
- 1 red chilli, trimmed and sliced
- 1 teaspoon each cumin seeds and coriander seeds
- 2 tablespoons each natural yogurt and clear honey

**TIME:** 30 mins**SERVING:** 4 people

Place the fish steaks in a bowl, add the turmeric and a teaspoon of salt and turn gently so the steaks are covered on all sides. Heat the oil in a large pan and fry the fish gently so it is lightly browned on both sides. Remove from the pan and keep warm, then add the onion and garlic and fry for a couple of minutes until softened. Add the ground cumin and the bay leaves and fry for a couple of minutes. Whizz the ginger, chilli, cumin seeds and coriander seeds in a blender with 150ml of water to form a paste, add to the pan, lower the heat and cook for three minutes then add the yogurt and honey and cook for a further three minutes. Add the sugar and remaining salt and a further 150ml of water, mix well, return the fish to the pan, taking care not to break it up, coat with the sauce and simmer gently for a further 10 minutes. Stir in the chopped coriander and serve with plain boiled or steamed rice and a salad of chopped tomatoes and cucumber.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**