

# Kerala Cookery

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I really do believe that cooking is an art, designed to provide us with aesthetic experience. It is an expression of love and respect for the people who are going to eat it.

This page is devoted especially to kerala cookery and to all that I have learnt through my experiences in the kitchen with my mother, my teacher and guide!

Here are a few all time favorite recipes straight out of the kitchens of Kerala:

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# 1 Fish Preparation Styles

## 1.1 Karimeen Pollichathu

### Ingredients:

- Karimeen - 750gms
- Oil - 2 tbsp
- Curry leaves - 1 sprig
- Onions chopped - 1 cup
- Small onions - 5
- Tomato pieces - 1/2 cup
- Coconut milk - 1 cup
- Vinegar - 1 dsp
- dry chillies - 12
- Pepper - 1/2 dsp
- Ginger pieces - 1/2 dsp
- Turmeric powder - 1 tsp
- Garlic - 1/2 dsp
- Salt - to taste

### Method:

1. Grind the ingredients of the masala to a smooth paste with vinegar.
2. Saute the masala first and then the onions, in 2 dsp of oil.
3. Season with salt after adding tomatoes. When it thickens to a paste, remove from fire.
4. Clean and dry the fish on a paper towel and make close gashes on both sides.
5. In a big frying pan (Urulli) spread 2 layers of banana leaves, pour 2 dsp of oil in it. Smear the fish with the masala and arrange it on the leaves. Take all the masala sticking on to the vessel and put it over the fish. Put 2 more leaves over it and cover the vessel with a heavy lid. Put it on a very low fire. Leave it for sometime, then open the lid and turn the fish carefully and put on the lid again and cook.
6. Pour the coconut milk into the curry. Let it simmer without the lid on, you can avoid the coconut milk if so desired

## 1.2 Red Fish Curry

Meen Vekichatu or Meen Mulakarachhatu, is a very traditional fish curry of Kerala. Prepared using coconut oil, with a good amount of chilli powder, and a special tamarind (kodampuli). Traditionally this curry is made in an earthen vessel, known as chatti. Even today it is made in chattis, as it contributes to the great taste of the curry.

### Ingredients:

- King Fish - 250 grams Cleaned
- Kodampuli - 3 or 4 Boil in water
- Curry Leaves - 2 sprigs
- Red Chilli Powder - 3 teaspoons
- Turmeric Powder - 1/4 teaspoon
- Fenugreek - 1/4 teaspoon
- Coconut Oil - 2 tablespoon
- Ginger - 1 1/2 inch piece
- Garlic - 3 cloves
- Salt - To taste
- Mustard Seeds - A Pinch

### Method:

1. Remove the skin, and cut the fish into 1 x 2 inch size rectangular pieces, clean well, drain and keep aside.
2. Grind the red chilli powder, turmeric powder, ginger, and garlic with little water, to make a smooth paste.
3. Heat oil in a pan, put the mustard seeds, and when they start sputtering, add the curry leaves, and the grinded paste.
4. Fry the paste at a medium heat, till the paste becomes consistent.
5. Add the water containing the extract of Kodampuli, check the level of sourness.
6. When the water starts boiling add the fish pieces, and salt. Add water enough to cover the pieces.
7. Cook at a gentle heat. Keep stirring lightly (to avoid breaking of fish) in between, or just shake the pan.
8. When the pieces are almost cooked, increase the heat and cook till the gravy thickens, and the oil is visible.
9. Serve hot with rice, or tapiocca. This dish could be preserved for a few days.

### 1.3 Spicy Kerala Fish Fry

#### Ingredients:

- Fish - 1/2 Kg (pomfrets or any good fish)
- Red Chilli Powder - 4 heaped tea spoons
- Turmeric Powder -2 pinch
- Ginger - 1 medium piece
- Black Pepper - 8 to 10
- Curry Leaves -4 (optional)
- Salt, Oil

#### Method :

1. Make cuts across the fish at 1 inch distance deep enough to reach the skeleton.
2. Make a fine paste of ginger, pepper and curry leaves, mix with the powders and salt. Add few teaspoons of water to make a thick, smooth paste.
3. Marinate the fish properly with this paste such that it forms a thin film covering the full fish or the slices.
4. After half an hour deep fry or shallow fry it as you please. The oil would stop crackling when it is almost done.

Serve it with Lime and Onion slices. Good with Rice.

### 1.4 Fish Moily

[http://www.geocities.com/Tokyo/Market/7773/fish\\_moilee.html](http://www.geocities.com/Tokyo/Market/7773/fish_moilee.html)