

Koos die Potjieman's Curry Fish

Ingredients for +- 2 kg of fish

- ✚ 3-4 tps curry powder as well as whole spices
- ✚ additional garlic to taste
- ✚ 2-4 onions
- ✚ 2 tins of tomato
- ✚ Salt to taste
- ✚ ½ a cup of oil
- ✚ ½ a cup of vinegar
- ✚ ½ a cup of water
- ✚ 1 piece of tamarind (steep in hot water)

Method:

- ✚ Blanché onions and tomatoes for 5 minutes in oil
- ✚ Add 3-4 tps of curry powder, tamarind and some whole spices to taste, excluding cinnamon
- ✚ Add cubed fish and cover with curry, onion and tomato sauce
- ✚ Add salt and garlic to taste
- ✚ Simmer for about 20 minutes

For best results:

- ✚ Cool over night and keep refrigerated for up to 5 days
- ✚ Can be served hot or cold

Serve with rice