

Fish balls in masala

Ingredients

For the fish kofte

- 600 g fresh coley, cod or haddock, skinned and finely chopped
- 1 slice of white bread, soaked in water, squeezed and finely chopped
- 1 small potato, peeled and very finely chopped
- 1 tbsp very finely chopped onion
- 1 tbsp peeled, very finely chopped root ginger, plus 1 tsp peeled, finely grated root ginger
- 1 tbsp finely chopped coriander leaves
- 1 tsp ground cumin
- 0.5 tsp finely grated or crushed garlic
- 0.5 tsp ground cinnamon
- 1 tsp salt

For the sauce

- 4 tbsp olive or sunflower oil
- 6 tbsp finely ground red onion (processed to a paste in a blender)
- 1 tbsp peeled, finely grated root ginger
- 1 tsp finely grated or crushed garlic
- 1.5 tsp ground cumin
- 0.5 tsp turmeric
- 0.5 tsp chilli powder

- 125 g canned chopped tomatoes
- 2 tbsp coconut milk

Instructions

1. For the fish kofte: place all the ingredients for the kofte in a large bowl and combine thoroughly then roll into 4cm balls.
2. For the sauce: set a karhai, wok or large pan (about 25 cm in diameter) over a medium heat. Pour in the oil and, when it's hot, add the onion. Fry for 2 minutes until it starts to turn translucent.
3. Add the ginger and garlic. Fry for 2 minutes. Add the cumin, turmeric, chilli powder and _ teaspoon of salt.
4. Stir for 1 minute, then add the tomatoes. Cook for two minutes, then spoon in the coconut milk and 120ml of water. Bring to the boil and then reduce to a simmer.
5. Place the fish balls in the sauce. Cook for 10 minutes, turning them occasionally, then serve.