

# Salmon Curry

(India)

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Indian food is diverse and includes a broad spectrum of seafood dishes. Salmon is popular in India and cooked fresh.

This Indian recipe comes from the region of Bengal and was passed from my grand aunt to my mom, and then to me. It is a common recipe in Bengal.

## **Ingredients:**

8 salmon pieces  
Pinch cumin seeds  
2 red chilies  
1/2 onion, sliced  
2 teaspoons ginger garlic paste  
1/2 teaspoon turmeric powder  
1 teaspoon salt  
1/2 teaspoon coriander powder  
2 tablespoons sour cream  
1 cup water  
Cooking oil

## **Instructions:**

Heat cooking oil. Add cumin seeds, red chilies, and onion. Fry until translucent.

Add ginger garlic paste, turmeric powder, salt, and coriander powder. Stir well.

Add sour cream. Stir well.

Add water. Stir well.

Add 8 salmon pieces to gravy. Bring to boil.

Simmer for 10 minutes and serve.

**Tips:** Use a big pan. Use a spoon to taste if there is enough salt before finishing dish.