



Recipe: Methi Salmon

Ingredients: 4 Salmon steaks
1 Lemon
5 Green Chillies, chopped small
1 Green Pepper (capsicum)
1 whole Garlic, finely chopped
4 Red Tomatoes
2 Onions, chopped small
2 Green Cardamoms
2" (approx) Cinnamon
Vegetable Oil
Mixed Curry Powder
Red Chilli Powder
Fresh Coriander Leaves
Dry Methi Leaves
Fresh Methi Leaves
4 Bay Leaves
Sugar
Salt to taste

Method:

1. Pour the vegetable oil into a saucepan to cover the bottom
2. When the oil is hot add the garlic
3. When the garlic is slightly brown add the onions, green chillies, salt to taste and a small amount of sugar
4. When the onions are softened, **NOT** brown, add the bay leaves, cardamoms, cinnamon sticks, green chillies, a small amount of finely cut capsicum, a tomato and a fair amount of dry methi leaves
5. Leave covered for about 5 minutes
6. Add some chopped coriander and the fresh methi leaves
7. Add the mixed curry powder and the red chilli powder to taste
8. Add a cup of water and the juice of the lemon and leave with the lid on for a further 5 minutes
9. Add the salmon
10. Leave for about 5 minutes (10 minutes if the fish is fresh) turning the steaks and basting with the mixture regularly taking care not to break the steaks
11. Add the remaining tomatoes cut into 4 pieces, and some more fresh coriander and dry methi leaves
12. Leave the lid on for a further 5 minutes or until the tomatoes have just softened
13. Garnish with a sprinkle of coriander
14. Enjoy your Methi Salmon!

Serves: 4 persons

Please do not hesitate to consult with our Executive Chef!