



FISH MOILEE – BY CHEF PRADOSH

A dish typical of Kerala, **Fish Moilee** (also called molly or molee) is a rich, creamy fish stew. While most other fish preparations in the state are spicy, Fish Moilee is popular for its mildly spiced preparation and coconut-flavoured curry.

Executive Chef Pradosh of Karma Chakra, Kumarakom has cooked this dish umpteen number of times. Being such a guest favourite, he hopes you will create these flavours of Kerala in your own kitchens.

Ingredients:

- 500 gms – Fish (preferably king fish)
- 2 nos. – Onion medium sized
- 5-6 nos. – Onion small
- 1 tablespoon – crushed Ginger
- 1 tablespoon – crushed Garlic
- Green chillies – as per taste
- 4 pods – Cardamom
- 4 nos. – Cloves
- 1 medium stick – Cinnamon
- 1 cup – Thin coconut milk
- 1 cup – Medium coconut milk
- 1/2 cup – Thick coconut milk
- 2-3 – sliced medium sized tomatoes
- Curry leaves
- Salt – to taste
- Coconut oil – for cooking

For Marination:

- 1 teaspoon – Pepper powder
- 1/2 teaspoon – Turmeric powder
- 1/2 teaspoon – Lemon juice
- Salt – to taste

Method:

- Wash the fish and marinate using all the ingredients for marination.
- Leave for 30 minutes.
- Shallow fry the marinated fish – about 2-3 minutes on each side.
- Heat oil in a pan.
- Temper cardamom, cinnamon and cloves.
- Add crushed ginger, garlic and green chillies. Sauté.
- Add medium onions and small onions. Cook till the onions turn soft.
- Add thin coconut milk and let boil.
- Add the fried fish slices and adjust for salt.
- When the curry thickens slightly, add medium coconut milk.
- Then add sliced tomatoes and curry leaves.
- When tomatoes are cooked, add thick coconut milk and let it cook just slightly.
- If you need a thicker gravy, add cornflour to thicken.
- Best served with appams or steamed rice.