



Photo credit: Dassana Amit

Milagu Rasam

INGREDIENTS

- 2 medium tomatoes
- Tamarind powder
- 1/4 tsp turmeric powder
- 1 sprig of curry leaves
- Salt

Rasam Paste:

- 1 tsp whole black pepper
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 2 garlic cloves
- 1 brown onion

Seasoning:

- 1 tsp oil
- 1 red chilli
- 1 sprig of curry leaves
- Coriander

Paddy's

Presented by Malar Sathasivam
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON



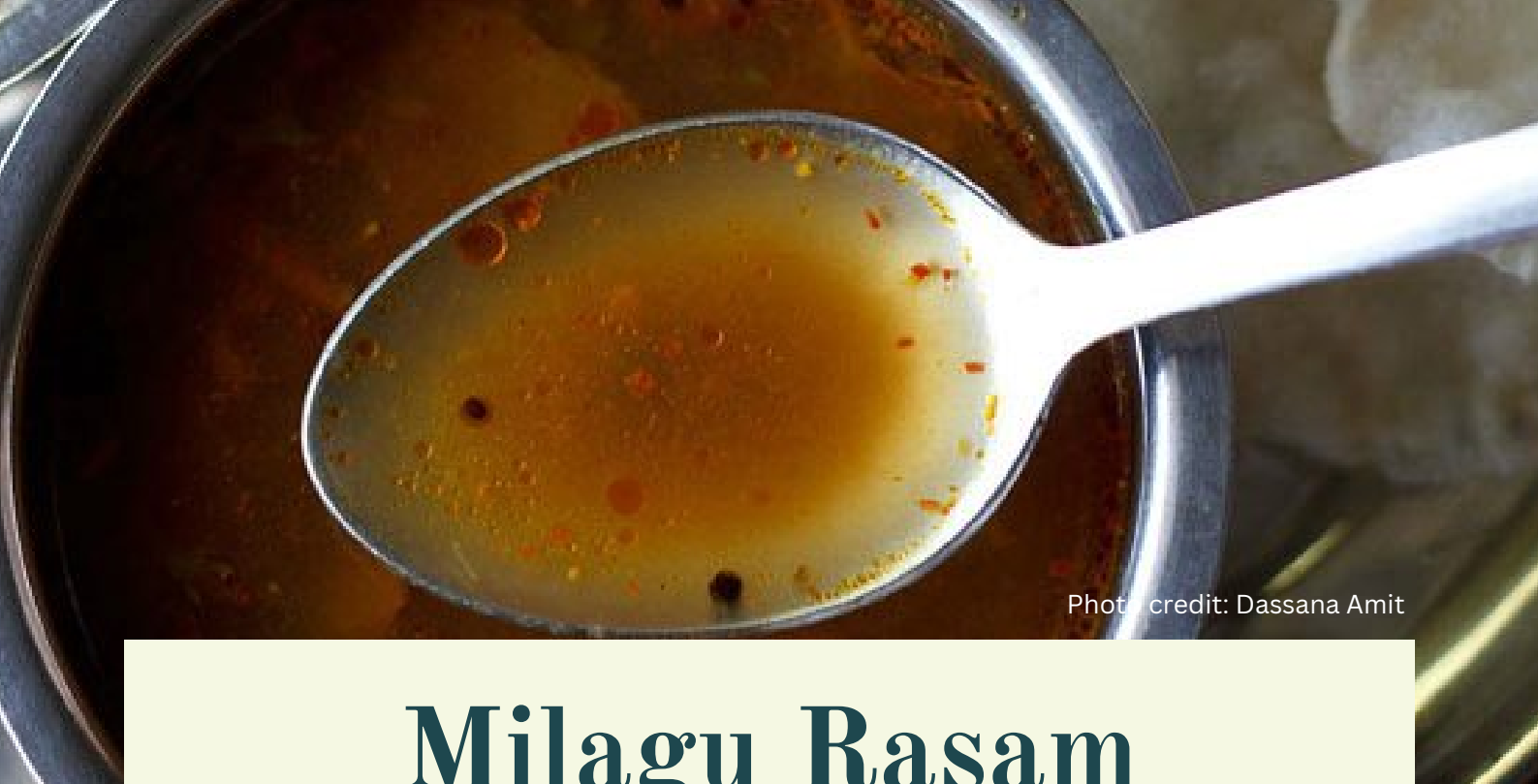


Photo credit: Dassana Amit

Milagu Rasam

METHOD

1. Mix tamarind in 1/2 cup water and set aside.
2. In a pan over medium heat, add oil and wait for it to heat up. Then add chilli, garlic and onion. Once brown, add the chopped tomatoes. After 3 minutes, add crushed pepper, cumin seeds, and fennel seeds .
3. In a separate small pot , add 2 cups of tamarind extract, turmeric powder and salt.
4. Let this boil for 5-7 minutes. Let the raw smell of tamarind go off.
5. Add another 1 cup of water.
6. Let this froth up and then switch off the flame.
7. Add a few curry leaves as garnish with fresh coriander leaves.
8. Serve

Paddy's

Presented by Malar Sathasivam
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Photo credit: Asian Inspirations

Malaysian Indian Style Fish Curry

INGREDIENTS

- 400g fish cutlets (5-6 pieces)
- 50g tamarind paste (mix with 200ml water; discard the seeds, retain water only)
- 1 cup coconut milk
- 200g okra
- 1 tomato (wedged)
- 1 tsp of salt or to taste
- 1 tsp sugar or to taste
- 5 tbsp of cooking oil

Spice Paste

- 1 tsp mustard seeds
- 1/2 tsp fenugreek
- 1 1/2 tbsp coriander powder
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 1/2 tsp fennel powder
- 1 tbsp chilli powder
- 1 1/2 tbsp fish curry powder
- 5 tbsp water

Part A

- 100g shallots (peeled and sliced)
- 1 small thumbsized ginger (sliced)
- A couple sprigs of curry leaves

Paddy's

Presented by Malar Sathasivam
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Photo credit: Asian Inspirations

Malaysian Indian Style Fish Curry

METHOD

1. In a pot, heat oil and saute all ingredients from Part A until fragrant.
2. Add in Spice Paste and stir to mix well.
3. Add in tamarind mixture and coconut milk, bring to boil.
4. Add in the fish cutlets, okra and wedged tomato, cook for 5-10 mins over medium heat.
5. Season with salt and sugar, taste and adjust accordingly.
6. Serve.

Paddy's

Presented by Malar Sathasivam
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON

