

Herring or fish Vindalo (Hot.)

Serves 6

A Goan favourite!

Ingredients:

- 6 Herrings cleaned, cut in half.
- 1teaspoon salt, sprinkle on fish
- Juice of half a lemon, squeeze over the fish.
- 1 medium onion, diced fine.
- 2 medium tomatoes, diced dine.
- 2 tbsp Himalaya Gourmet Vindalo

Method: fry onions in ½ a tablespoon of vegetable oil until golden about five minute. Stir in diced tomatoes and the Himalaya Vindalo masala. In about a few seconds add the herrings. Simmer covered until cooked about 7 to 10 minutes. Tilt the pan gently, so that the fish is covered in the sauce. For extra sauce add 1/4 cup water. Add salt to taste. Turn of the heat. Let it rest until serving time. Serve with steamed rice. Accompany with Himalaya sweet lime Pickle. I love this recipe with other fish such as ray fins diced in squares or sardines (scrape out all the scales). Use fresh or canned fish.