

## ***Fish Curry***



### **INGREDIENTS**

1. 2 onions, chopped
2. 1/4 cup butter
3. 2 cloves garlic, minced
4. 3/4 teaspoon salt
5. 1 tablespoon curry powder
6. 1 small cinnamon stick (optional)
7. 3 tomatoes, peeled and chopped
8. 3 cups water or chicken stock
9. 2 dried limes
10. 1 <sup>3/4</sup> pounds fish fillets or slices

### **Method:**

1. Sauté onions in the butter until softened. Add garlic, salt, and curry powder. Cook for 1 minute.
2. Blend in cinnamon stick, tomatoes, and water. Cover and simmer for 5 minutes. Add dried limes. Carefully place fillets in sauce. Cover and poach the fish over low heat until tender and flaky. Serve with rice.

**Yields:** 1 serving.