



A truly delicious Kenyan fish curry dish, with the beautiful flavors of ginger, garlic and lemon, heat of some chilli and richness of bay leaves.

Ingredients

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| 1 whole fish | 1 tablespoon of black pepper |
| 2 large onions, diced | 2 tablespoons of royco all-spice mix |
| 6 cloves of garlic, minced | 2 tablespoons of fish masala |
| 5 grated tomatoes | 1 tablespoon of apple cider vinegar |
| 1/2 a tablespoon of ground ginger | 2 lemons, freshly squeezed |



2 dried bay leaves

2 tablespoons of tomato paste

1 tablespoon of soy sauce

Chilli (optional)

Method

In a sufuria with your heated vegetable oil, put your onions and garlic. To this add your fish masala, ground ginger and black pepper. Let this sauté until the onions are soft.

Add your tomatoes, tomato paste, bay leaves, royco and soy sauce and mix this all up. If you opted to have some chilli, add them at this point. Cover with a lid and allow this to simmer for about 5-7 minutes. As that is happening, gently pour your freshly squeezed lemon juice over your fish.

After this, add your apple cider vinegar to the reduced tomatoes. Mix it all up then add your lemon juice soaked fish gently. Do not mix the fish into the tomatoes, but instead put them in the sufuria and put the tomato soup over the fish. This will prevent your fish from disintegrating. Cover your fish and let it simmer for about 10 minutes on low heat so that all the flavors marry.

After this garnish with some fresh coriander leaves and serve. :)



SERVE WITH: On hot ugali, pap, rice.

This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/garlic-lemon-fish-curry>