

RECIPE: FISH MOILEE

ASIAN FOOD

Coconut milk, 16 fl oz.

BAKING

Rice flour, 0.35 oz.

DAIRY

Butter, 1 oz.

FISH & SHELLFISH

Fish (white), 32 oz.

FRUITS

Coconut powder (dried unsweetened), 0.36 oz.

SPICES & SEASONINGS

Salt, to taste

Roasted cumin powder, 0.02 oz.

Red chili powder, 0.02 oz.

Ginger, 0.25 oz.

Fennel powder, 0.02 oz.

Mustard seeds, 0.25 tsp.

Pepper, to taste

Turmeric powder, 0.04 oz.

VEGETABLES

Fennel seeds, 0.02 oz.

Cumin seeds, 0.02 oz.

Garlic, 0.1 oz.

Dried chili (whole), 1

Tomatoes, 2

Curry leaves (fresh), 4-5

MISCELLANEOUS

White Spanish onion, 1.5

Green chilies, 4