

# Kerala-style Fried Fish

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## INGREDIENTS

- 1 pound farmed tilapia fillets
- 1/2 teaspoon chili powder  
(or cayenne pepper)
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 3/4 teaspoon salt
- 2 to 3 teaspoons distilled white vinegar
- About 3 tablespoons olive or canola oil  
for shallow frying

## TIP

Frying spicy fish can be a little messy—a well-ventilated kitchen helps keep smoke and smells to a minimum. Also, try putting a little oil on your hands before handling the spice paste—this helps keep the turmeric from staining your fingers yellow! Rice is the standard accompaniment to this dish.

## PREPARATION

1. Wash the fillets and pat them dry.
2. Combine the spices and salt in a small bowl; add vinegar and combine to form a paste.
3. Rub both sides of each fillet with the spice paste.
4. Heat oil in a shallow frying pan on medium-high heat. Fry fillets about two to three minutes on each side. Remove and serve immediately.

Serves 3 to 4.