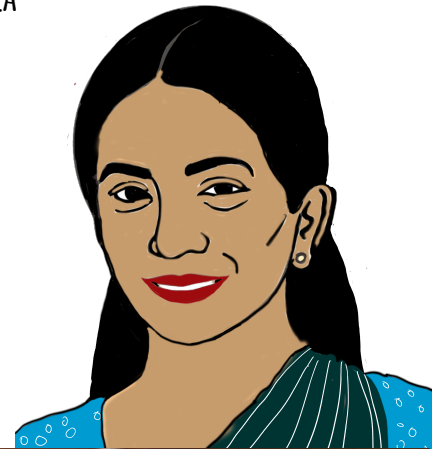


SHALLOW FRIED POMFRET WITH MOIDE FISH FRY MASALA MASALA

What you need;

- Pomfret: 1-2
- The Women of Goem Moide Fish Fry masala: 2-3 tbsps
- Curry leaves for garnish
- Salt to taste
- Cooking oil (coconut oil is traditional, but you can use any oil)



1. Apply salt and lime juice, keep for 10 minutes.



2. Marinate the fish with Moide Fish Fry masala.



3. Heat 2 tbsps of oil in a frying pan.



4. Wait till the oil is smoking hot.



5. Place the fish in the oil with the curry leaves.



6. Fry for 7-8 minutes on medium heat.



7. Turn the side and fry for another 5 minutes



8. Switch off the flame.



9. The fish is now fully cooked with crispy crust.



10. Serve with salad and chutney.



Moide Fish Fry 100g

No Goan thali (a set meal) is complete without a succulent slice of fish, mainly Chonak (Asian Sea Bass) or Mackerel, traditionally fried in semolina, in coconut oil. This ancestral spice blend comes from a Hindu family from the village of Moide, in Bardez taluka of North Goa — supposedly the location of an ancient Maurya settlement from which the name was derived. A bit spicy, a bit salty, you will find this marinade perfect for all kinds of sea, river or brackish water fish, or prawns. Whether you pan fry, grill, or deep fry, this masala is a perfect masala for seafood

₹130.00 (Please check latest price including GST [here](#))

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