

IRAN

Ghaliyeh Mahi

Ghaliyeh Mahi is a Persian name and is one of the foods that does not know hot and cold seasons. This delicious and characteristic food is mostly prepared by the people of southern Iran and consumed as a stew and usually from Javelin Grunter (*Pomadasys kaakan*), four-finger threadfin (*Eleutheronema tetradactylum*), John's Snapper (*Lutjanus johnii*), Sobaity Seabream (*Sparidentex hasta*), Grouper (*Epinephelus coioides*) and Black Pomfret (*Parastromateus niger*).



Ingredients

Fish fillet: half a kilo

Onion: one piece

Crushed garlic: one batch

Vegetables (coriander and fenugreek in a ratio of four to one): half a kilo

Tamarind juice: half a pint

Flour: two tablespoons

Turmeric: one tablespoon

Red pepper: one teaspoon

Oil, salt and black pepper: as needed

How to prepare

- 1- The first stage: Cut the fish fillet into cubes, sprinkle salt and drain after half an hour. Heat 6-7 spoons of oil in a pot on low heat and fry the onion in it until it gets colored. Add the flour and stir for 2-3 minutes. Add garlic, pepper and turmeric with a little salt and stir for another 2-3 minutes.
- 2- The second stage: Add the vegetable and stir to collect the water. But the vegetables of this dish should not be fried too much. Then pour 3 cups of water in the pot and after it boils, add the fish pieces little by little so that the stew water does not boil. After adding the fish, pour tamarind juice into the food and reduce the heat and wait 40 minutes for the stew to settle.
- 3- The third stage: To get the juice, put tamarind in a container, pour boiling water over it and leave it alone for a few minutes. Then put a bigger bowl under your hand and keep a colander on it. Put the tamarind in a colander along with the water added to it and rub with your hand until the seeds and skins are separated and the extract pours into a large bowl.
- 4- The fourth stage: When there are only 30 minutes left until your fish roe stew is fully cooked, fry the fish fillets that you already seasoned with oil in the pan and add them to the pot mixture. Wait until your stew is well oiled and set. Then serve it with rice and enjoy eating it.

