



Sri Lankan Fish Curry Ambul Thiyal

Recipe by Savi Lecamwasam



INGREDIENTS

$\frac{1}{4}$ cup garcinia cambogia paste
1 tablespoon freshly crushed black pepper.
 $1 \frac{1}{2}$ teaspoon salt to taste
1 teaspoon red chili powder (optional)
 $\frac{1}{4}$ teaspoon garlic powder (optional)
1 Kg (or a bit over) Tuna or Marlin
Curry leaves and cinnamon for flavour

DIRECTIONS

- Mix Garcinia Cambogia, black pepper, salt, chili powder and garlic powder all together. Add half a cup of water and make it to a thick paste like a batter. You might need to alter the amount of water you have to add to get the right consistency. (may need a bit more)
- Cut the fish pieces into thin and flat pieces. Mine are about 5 cms wide and 3 cms thick .
- Now apply a thin coating of oil to your clay pot. (if you don't have a clay pot use any other heavy bottom pan). The oil prevents the fish pieces sticking to the pot. Also it helps roasts the fish pieces a little bit, which adds a nice roasted flavour to the dish.



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Corn Relish

Recipe by Sally Wise



Approx 1.5L

INGREDIENTS

1kg fresh or frozen corn kernels
2 onions, peeled and finely diced
1 red chilli, deseeded and finely chopped
1 red capsicum – halved, deseeded and diced
2 tablespoons salt
2 cups white or cider vinegar
3 teaspoons mustard powder
2 teaspoons ground turmeric
2 teaspoons cornflour
3 tablespoons vinegar, extra

NOTES

When first cooked the corn in this relish will still be a little al dente. After 2 to 3 weeks the corn plumps up and softens.

DIRECTIONS

- Combine corn, onions, chilli and capsicum in a bowl, mix with salt and leave to stand for 2 hours. Drain well in a colander.
- Place sugar, vinegar, mustard and turmeric in a large saucepan and bring to the boil, stirring until the sugar is dissolved.
- Add the vegetables, bring back to the boil, then reduce heat to medium and cook for 25 to 30 minutes, stirring often. (The mixture should cook at a slow boil, a bit above a simmer – adjust temperature to achieve this if necessary.)
- Mix the cornflour to a paste with the vinegar. Stir into the relish and boil for 3 minutes more.
- Spoon into warm, sterilised jars and seal immediately.
- Store in a cool, dry, dark place for up to 12 months.



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DIRECTIONS

- Now add all the piece into the Ambul Thiyal paste and cover it very well. Now place it in the clay pot arranging them into one layer. Every piece of fish has to touch the bottom, this is very important to be able to roast.
- Now if there's any Ambul Thiyal paste left, you can spread it over fish pieces. Add the curry leaves and Ceylon cinnamon pieces. Sri Lankan cinnamon comes as a roll, break it and use it.
- Cover and cook on very low heat until the fish pieces ooze out water and they're mostly cooked. This is a good point to taste the liquid and decide if you need to add any more salt.
- Now reduce the heat to the lowest setting and cook until all the water is evaporated. Now let the fish completely cool down in the pot before you store it. If using a clay pot it can be stored in the same pot. There should be no moisture left when it cools down. The low moisture helps to keep fish Ambul Thiyal longer without spoiling.



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