

Katla Fish Head Curry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-head-recipe-indian>

Ingredients:

- 1 fish head katla, cut into 2 pieces, fish head of a 2 kg fish
- 1/2 teaspoon turmeric powder
- salt as required
- 3 tablespoons mustard oil for frying the fish head or as required
- 2 tablespoons mustard oil
- 1 bay leaf
- 1 finely chopped onion medium size
- 1 chopped tomato finely, medium size
- 1/4 teaspoon turmeric powder
- 1 teaspoon coriander powder
- salt as required
- 1 small onion roughly chopped
- 7 garlic
- 1/2 inch ginger
- 1 teaspoon cumin seeds
- 6 fenugreek seeds no of
- 1 red chili deseeded
- 1/4 teaspoon salt