

## **Masala-style yellowtail with dhal vaddes & yoghurt rhaita**

*Serves six as a starter*

### **For the yellowtail**

*700g yellowtail fillets*

*1t finely chopped fresh ginger*

*1t coriander seeds, roasted & crushed*

*3t chilli powder*

*½t turmeric*

*½ lemon, zested*

*2T vegetable oil*

*1 lemon, juiced*

*1t coarse salt*

*Vegetable oil for frying*

Mix all the spices with the oil to create the masala paste. Roll the fish in the paste to coat it thoroughly. Leave the fillets to marinate for one hour before salting and frying them in a hot pan for just two to three minutes until medium-rare, then squeeze the lemon juice over, remove from the pan and plate immediately. Instead of yellowtail, you can use any other fish with firm flesh for the recipe, which is then fried accordingly. Rather just leave this explanation in here and take top one out?

### **For the vaddes**

*150g dried yellow lentils*

*1 chilli, deseeded & finely chopped*

*1 lemon juice*

*2T fresh coriander, roughly chopped*

*1 spring onion, finely sliced*

*Salt to taste*

*100ml vegetable oil for frying*

Soak the lentils in water overnight. Drain them well in a sieve and keep the soaking stock. Place all the ingredients in a food processor and grind the lentils until fine. Since there are no eggs used in this dish to bind the mixture, it is important to adjust the consistency with a little soaking stock as needed. When the mixture starts binding and is almost fine it is ready and should be fairly dry. The mixture is very delicate at this stage and you should fry a tester before shaping all of the mixture into round, 1cm-thick patties, using a pastry ring of 5cm in diameter.

### **For the rhaita**

*200ml yoghurt*

*½ lemon juice*

*¼t turmeric*

*Pinch of ground cumin*

*2T carrots, finely grated*

*Salt*

Mix all ingredients together, adjust seasoning and add more lemon juice if needed. Leave in the fridge for one hour for the tastes to blend together.

**To serve**

Grilled aubergines, fresh beans or even a crunchy green salad will be a good pairing with the raita and contrast nicely with the spices. Plate all the ingredients before frying the fish, then garnish with fresh coriander and serve immediately.

**Wine pairing** Viognier has an animated, fragrant nose with ripe peach flavours, a rich texture and good acidity. The fish masala with its contrasting spicy aromas pairs well with this full-bodied wine.