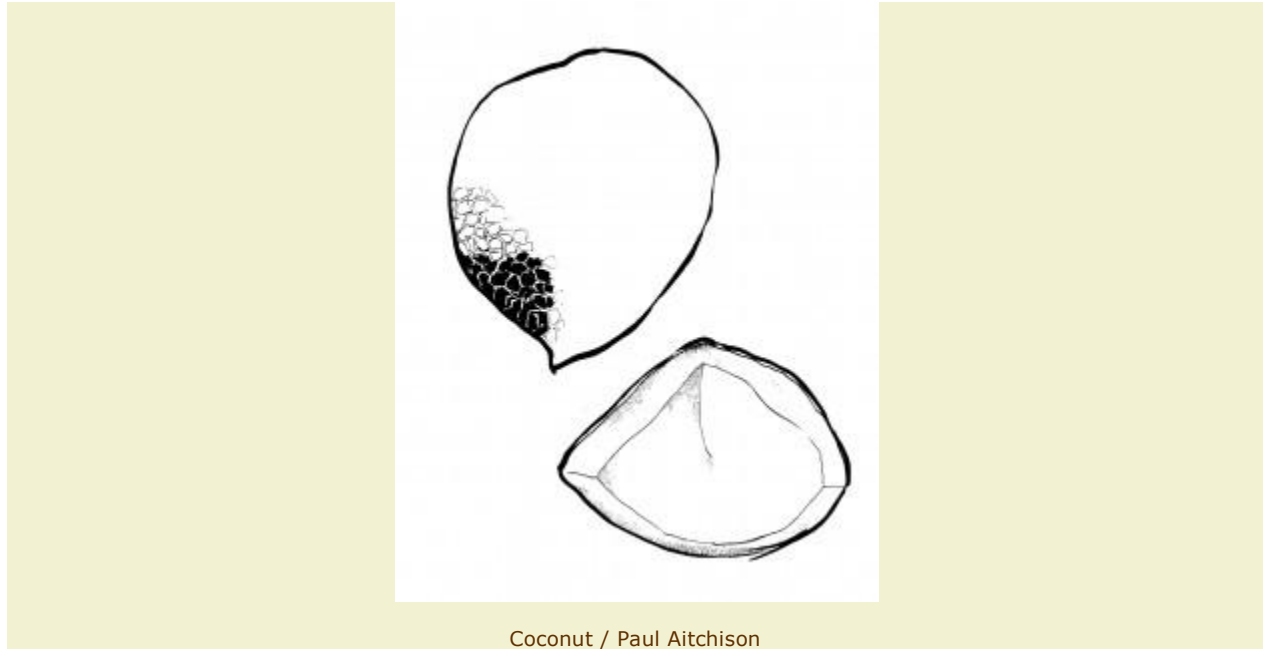


Mas huni and Masriha

by Xavier Romero-Frias

Mas huni



Mas huni is a typical Maldivian breakfast.

Ingredients

250 g grated coconut

250 g tuna

A small onion and a few crushed, roasted red chillies

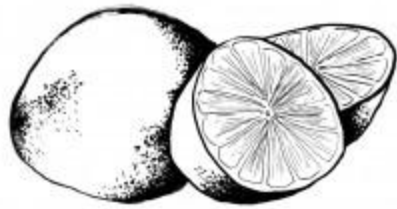
Lime juice

Method

In the traditional recipe, the proportions are roughly half grated coconut and half very thinly sliced and crumbled tuna. Add chopped onion and crushed roasted red chillies to the mixture, as well as lime juice, being careful not to make it too sour. If fresh chillies are available, they could also be used – after finely chopping them.

A similar mixture with some chopped curry leaves and turmeric can be added to stuff the deep-fried ball-shaped *gulha*, as well as the mas roshi, baked stuffed patties made with

flour-based dough. Some households also add garlic to the mas huni mixture, but this is something purists frown upon, especially in the capital.



Lime / Paul Aitchison

***Masriha* - Maldivian fresh tuna curry**



Tuna head / Paul Aitchison

Known in Divehi as *mas riha*, this curry is one of the most representative dishes of the oceanic nation. The mixture of spices was traditionally ground wet on a grindstone which yielded a paste that was smoother than when using the powders directly.

Ingredients

750 g fresh, boneless tuna cut into bite sized pieces – if tuna is not available, firm-fleshed fish such as wahoo or swordfish may be used

3 tbsp vegetable oil

4 purple onions, preferable the small variety

1 bulb garlic

1-2 tbsp red chilli powder

1 tbsp coriander powder

½ tbsp fennel powder

½ tbsp of cumin powder:

A few curry leaves

¼ l coconut milk

½ l water

Salt to taste

Method

Slice the onions very thin and cut garlic lengthwise into long, thin pieces. Fry the onions, garlic and curry leaves together in the hot oil until the onions brown. Then add the chilli, cumin, fennel and coriander powder. Stir until mixture is slightly roasted. Put in the pieces of tuna and stir-fry them well, being careful not to tear or burn them. Add water slowly and salt to taste. Place on a low flame after it begins to boil. Cover and let simmer for about 15 minutes, adding extra water if necessary. Finally, add the coconut milk and stir lightly, allowing it to simmer for two or three more minutes before turning the flame off.

Place in a bowl and serve the curry hot along with white rice. Some people like to squeeze fresh lime on top to add a pinch of sourness to the dish. If served with chapattis, mas riha is traditionally eaten along with hot, sweetened black tea.