



**DESHI MIX**  
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# Fish tales

Fish is liked the world over. Aside for their mouth-watering taste, and variety in dishes, they are also an important source of protein and other nutrients. Over 32,000 species of fish have been identified, making them the most diverse group of vertebrates. However, only a small fraction of that number is commonly eaten by humans.

## NUTRITIONAL VALUE

Fish provide a good source of high-quality protein and a wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium, and iodine in marine fish. Its protein, like that of meat, is easily digestible and favourably complements dietary protein provided by cereals and legumes that are typically consumed in many developing countries.

Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for the body and brain.

## HEALTH BENEFITS

Generally speaking, all kinds of fish are good for us. They are high in nutrients that most people are not getting enough of from other sources. Here are a few health benefits of eating fish that are supported by research — Lower your risk of heart attacks and strokes. Increase grey matter in the brain and protect it from age-related deterioration. Help prevent and treat depression. Serve as a good dietary source of vitamin D. Reduce risk of autoimmune diseases, including Type 1 diabetes. Help prevent asthma in children. Protect your vision in old age. Improve sleep quality.

Whether the fish is fresh can be checked by looking for the following qualities: The skin looks bright, moist and shiny. The



scales should be firmly attached to the skin. The skin on stale fish may show signs of wrinkling and shrinking away from the flesh. The eyes of a freshly caught fish will be convex, the pupil will be black and the cornea translucent. The eyes should be bright, clear and bulging and not sunken. The gills of freshly caught fish are bright

red, but as the blood in them oxidises they rapidly turn brownish and any mucus on them turns opaque. If fish is split along the backbone and lifted, the bone should stick firmly to the flesh. If the bone separates easily, the fish is stale. The surface should be free of dirt and slime. The fish should be firm to touch with no traces of browning or drying around the edges. A fish having odour indicates deterioration due to oxidation of polyunsaturated fat and bacterial growth. Rancidity is revealed by yellowish spots on the surface. Rancidity can be recognised by a sour taste, uncharacteristic of fresh fish.

## STORAGE

It is estimated that 10-15 percent of fish is spoiled during catch and further handling. Fish deteriorates quickly and should be used as soon as possible. It should be kept covered in the coldest part of refrigerator for no longer than two days.

Pre-packed fish and shellfish can be refrigerated in the original package for a short time. Fish wrapped in butcher paper should be taken out and wrapped in aluminium foil or plastic wrap.

Frozen fish maintains good quality when placed in the freezer immediately after purchase. Freezer temperatures of 0° F or lower are necessary to prevent loss of colour, texture, flavour and nutritive value.

Cured fish is best kept covered in the refrigerator. Open canned fish should be used up immediately or refrigerated.

## CHITOL MACHER KOFTA

### Ingredients

500g chitol fish  
1 tbsp corn flour

1 tsp ginger paste  
½ tsp garlic paste  
½ tsp garam masala powder  
3 green chilli paste  
1 tbsp chopped onion  
½ tsp turmeric powder  
1 tsp roasted and powdered cumin seeds  
½ tsp salt  
Oil, for deep frying

### Method

Wash the fish, and use fork or hand to separate bones from flesh. In a bowl, add all the ingredients except oil. Mix well. Make small sized round balls from the fish mixture. Heat oil in a pan. Place fish balls in the hot oil. Fry the kofta until golden brown. Remove from oil and serve.

## GONDHORAJI MAACH (FISH COOKED WITH GONDHORAJ LIME)

### Ingredients

6-7 pieces rui/katol fish  
1 tbsp onion paste  
1 tsp ginger paste  
1 gondhoraj lime  
2 leaves of gondhoraj lime  
½ tsp turmeric powder  
1 tsp red chilli powder  
¼ tsp cumin powder  
2 green chillies, slit  
2 tbsp mustard oil  
Salt, to taste

### Method

Wash the fish and marinate with salt and a pinch of turmeric powder. Keep aside for 20 minutes. In a large wok, heat oil on medium heat. Turn the heat on low, and add the onion and ginger paste, and fry for 2-3 minutes. Add red chilli powder, turmeric powder, cumin powder and a little water.