

Mix well, continue cooking on low heat for 1 minute. Add the fish and cook. Add the lime leaves and green chillies. Mix together. Cover and cook till the consistency of the gravy is to your liking. Squeeze the juice of the gondhoraj lime over the fish. Serve hot, with rice or polao.

KASHUNDI CHINGRI

Ingredients

250g prawns, deveined and cleaned
3 tbsp kashundi
1 raw mango, grated
4-5 green chillies
½ tsp turmeric powder
1 tsp red chilli powder
Salt, to taste



In a wok, add oil, and once hot, add the prawns, turmeric powder, red chilli powder and green chillies. Sauté on low heat till the prawns change colour slightly, or for about 2 minutes. Add the grated raw mango and salt. Stir and cook for 2 minutes. Add the kashundi and mix well. Add 1 cup of water, and check seasoning. Cover, and let it simmer on low heat till the water has evaporated, and there is a thick gravy coating the prawns.

SHORSHE PABDA (CAT FISH WITH MUSTARD SEEDS FLAVOURED GRAVY)

Ingredients

6 pabda fish
1 tsp red chilli powder
½ tsp turmeric powder
¼ cup mustard seeds paste
2 green chillies
½ tsp nigella seeds
Salt, to taste
2 tbsp mustard oil

Method

Wash and clean the fish. Marinate and mix with salt and turmeric powder and rub all over fish and keep it marinating for at least 30 minutes. Heat oil in a pan. Temper half a teaspoon of nigella seeds and 2 pieces of green chilli. Stir for a few seconds.



Sugar, to taste

Method

Wash the prawns properly. Marinate the prawns with salt and pinch of turmeric powder. Set aside.



Now add mustard seed paste, red chilli powder, turmeric powder and salt. Mix well and sauté for 2 minutes. When oil starts to separate from sides of pan, add 1 cup of water and fish. Mix and cover the pan. Cook for 15 minutes on medium heat. Once gravy starts to thicken and fish are done, add 1 teaspoon of mustard oil into the fish curry. Mix and switch off the flame. Transfer to a serving dish. Serve hot with steamed rice.

BOAL MACHER DOM

Ingredients

5-6 pieces boal maach
½ cup onion paste
2 tsp ginger paste
2 bay leaves
1 tsp cumin seeds
½ tsp turmeric powder
1 tsp red chilli powder
3 tbsp mustard oil
Salt, to taste

Method

Soak the bay leaves and cumin seeds in warm water for 15 minutes. Drain from water, and grind to a smooth paste. Add the onion paste, ginger paste, turmeric powder, red chilli powder, 1 tablespoon of mustard oil and salt to the prepared mixture. Add the fish pieces to the masala, and coat well. Keep aside for 10 minutes.

Heat 2 tablespoons oil in a flat pan. Gently place the fish along with the marinade in the pan. Cook over low flame for 8-10 minutes. Add half a cup of warm water, cover and cook for another 5 minutes. Finish with a generous drizzle of mustard oil. Serve hot with steamed rice.

PUTI MACHER TOK

Ingredients

250 g puti fish, cleaned and rinsed well
2 tbsp oil
½ tsp mustard seeds
2 dry red chillies, broken into half
½ tsp turmeric powder
2 green chillies, slit
1 tsp tamarind paste, mixed in 1 cup water
Salt, to taste

Method

Marinate the fish with a pinch of salt and turmeric powder for 10 minutes. Heat oil in a pan and temper with mustard seeds and dry red chillies. After it stops spluttering, add the tamarind water, salt, turmeric powder, green chillies and the fish. Simmer on low to medium flame for 6-8 minutes or till the gravy is slightly reduced. Switch off the flame and serve with plain steamed rice.

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