



DESHI MIX
BY SALINA PARVIN



The world of delicious small fishes

Many people don't know that small fishes are a rich source of important micronutrients including iron, zinc, calcium, vitamin A and D, phosphorus, magnesium, selenium, as well as high quality protein.

Fish intake is linked to reduced mental decline in older adults. People who eat fish regularly also have more grey matter in the brain centres that control memory and emotion. Eating small fish has been linked to a reduced risk of type 1 diabetes and several other autoimmune conditions. Some studies show that children who eat more fish have a lower risk of asthma. With the nutritional aspect out of the way, time to focus on how to make them taste as delicious as possible with these unique recipes.

BEGUN TANGRA (BRINJAL AND TANGRA FISH CURRY)

This is a Bengali recipe. Tangra fish has a lot of iron and as it has only a backbone which is significantly noticeable, it is very suitable for young ones. It is very important to clean tangra properly by rubbing it on a hard surface with salt, as its natural environment are the ponds or muddy areas.

Ingredients

250g tangra fish
3 brinjal, cut into 1 inch pieces
2 potatoes, cut into 1 inch pieces
¼ cup chopped onion
1 tsp chopped garlic
1 tsp red chilli powder
½ tsp turmeric powder
3 green chillies
2 tbsp chopped coriander leaves
4 tbsp oil
Salt to taste

Method

Cut and clean the fish thoroughly. Heat



oil in a pan. Fry the onion and garlic until it is soft. Add the brinjal and potatoes. Shallow fry the vegetables. Now add red chilli powder, turmeric powder and salt. Mix well and fry for a few minutes. Add water and fish. Cook on medium heat with the lid on. Check if the potatoes and brinjal are softened, add coriander leaves, and green chillies. Cook on low heat for 3 minutes. Remove from heat and serve with steamed rice.

PUTI MAACHER TOK

Ingredients

250g puti fish, cleaned and rinsed well
2 tbsp oil
½ tsp mustard seeds

2 dry red chillies, broken into halves
½ tsp turmeric powder
2 green chillies, slit
1 green mango, cut into pieces
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



sputtering, add green mango, red chilli powder and turmeric powder. Mix well and add the fish. Stir slowly and add water. Simmer on a low to medium flame for 8 to 10 minutes or till the gravy is slightly reduced. Switch off the flame and serve with plain steamed rice.

LOITTA MAACHER JHURI

Ingredients

250g loitta fish
1 cup chopped onion
1 tsp chopped garlic
1 tsp red chilli powder
½ tsp turmeric powder
½ tsp cumin powder
5-6 green chillies
¼ cup oil
Salt to taste
2 tbsp coriander leaves

Method

Cut the fish into pieces and remove the bones. Wash the fish pieces with salt. Strain and keep it aside. Heat oil in a pan. Fry the onion and garlic until light brown. Add red chilli powder, turmeric powder, cumin and salt. Mix well and add boneless fish pieces, green chillies and cook. Don't use extra water as the fish will release some. Cook on medium heat until the water dries up completely and the oil floats to the top, separated. Add coriander leaves and cook for one minute. Remove from heat and serve.

KACHKI MAACHER BORA

Ingredients

1 cup kachki fish
½ cup grated onion
1 tsp grated garlic
1 tsp red chilli powder
½ tsp turmeric powder
2 tbsp gram flour
1 tsp chopped green chilli
1 tbsp chopped coriander leaves
Salt to taste
Oil for deep frying