

SEAFOOD FOR EVERY MOOD

DESHI MIX
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Seafood is a healthful choice for people of all ages — growing children, pregnant women, active adults, and the elderly. It is an excellent source of lean, high quality, easily digested protein. It is low in saturated fat and sodium and is a rich source of many essential vitamins and minerals. Seafood also contains long-chain omega-3 fatty acids, which have many beneficial health effects and are essential for the development of the nervous system and the retina in our eyes.

Eating seafood regularly can decrease the risk of heart attacks, strokes, obesity and hypertension. Seafood also provides essential nutrients for developing infants and children. It also helps build muscles and tissues.

FRIED CALAMARI

Fried calamari are one of the most popular appetisers, served in Italian restaurants. Calamari is the Italian word for squid. It is made of squids and its tentacles, battered or coated with a flour mixture and then deep fried. This recipe is very easy to make and only calls for a few ingredients.

Ingredients

½ kg squid
1 cup buttermilk
1 cup all-purpose flour
½ cup corn starch
1 tsp paprika, smoked or regular
½ tsp pepper
½ tsp garlic powder
1 tbsp chopped parsley
Salt to taste
Oil for deep frying

Method

Place the squid in a bowl with the buttermilk and mix well. Cover the bowl and refrigerate



for at least 30 minutes. In another bowl, place flour, corn starch, paprika, garlic powder and salt, stir to combine.

Remove each piece of squid from the buttermilk and dredge in the flour. Repeat the process until all pieces are coated. Heat oil in a large deep pan. Place 8-10 pieces of squid in the oil. Cook for 2-3 minutes or until golden brown.

Remove the squid from the oil and drain on paper towels. Repeat the process with the remaining squid. Sprinkle additional salt over the fried squid if desired, sprinkle with chopped parsley. Serve immediately.

SEAFOOD FRIED RICE

Ingredients

2 cups cooked rice

2 tbsp soy sauce
1 tbsp chilli sauce
1 carrot, peeled and finely diced
10 French beans, finely chopped
½ cup green onions
3 eggs, beaten
4 clove garlic, chopped
½ tsp ginger, chopped
250g peeled prawns
250g crab meat
½ tsp white paper
Oil for fry
Salt to taste

Method

First, sprinkle the soy sauce on top of the rice and mix together until evenly distributed. Add oil to a wok or large frying pan. Fry the beaten eggs as a thin omelette. Remove from pan and set aside. Then slice up into thin pieces.

In the same pan, add the oil, chopped ginger and garlic. Fry for a couple of

French beans, white pepper, as well as the cooked rice. Stir well and fry for 4-5 minutes. Add the green onion and omelette into the pan. Mix well and remove from heat. Serve hot.

SHRIMP COCKTAIL

Ingredients

10 large shrimps, raw, deveined and easy peel, thawed
½ tsp salt
½ of a lemon
8-10 peppercorns
A handful of parsley
1 cup ketchup
2 tbsp horseradish
1 tsp lemon juice
½ tsp hot sauce, like tabasco

Method

Fill a large saucepan ¾ full of water. Add salt. Squeeze the juice of lemon into the pot and add the peel and flesh once squeezed. Add peppercorns and parsley. Bring the pot to a rapid boil over high heat. Remove from heat and let it stop boiling. Add the shrimp. Put the lid on the saucepan. Cover the pot. Let it sit for 4-5 minutes, or until shrimps are opaque and pink. Meanwhile, prepare an ice bath.

In a large bowl, put 2 cups of ice cubes and fill halfway with cold water. When shrimps are cooked, drain off the hot liquid and transfer to the ice bath. Let them sit for few minutes to fully cool. Peel shrimp but leave the tails on. In a small bowl, combine the ketchup, horseradish, pinch of salt, lemon juice and hot sauce. Divide sauce among 4 small bowls or martini glasses. Hang shrimp from the rims. Serve immediately.



minutes. Add prawn, crab meat, soy sauce and chilli sauce. Mix well and cook for 1 minute. Then add carrot and