

## GRILLED SALMON

### Ingredients

4 salmon fillets  
½ tsp garlic powder  
½ tsp black pepper powder  
1 tsp lemon pepper  
1/3 cup soy sauce  
1 tsp brown sugar  
1/3 cup water  
¼ cup vegetable oil

### Method

Season salmon fillets with lemon, pepper, garlic powder, and salt. In a small bowl, stir together soy sauce, water, brown sugar and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal and turn to coat. Refrigerate for at least 2 hours. Preheat grill for medium heat. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

## CRAB SALAD

### Ingredients

1 can crab meat, drained  
2 large carrots, cut into pieces  
1 beetroot, cut into pieces  
1 cucumber, cut into pieces  
2 onions, cut into pieces  
1 tsp Dijon mustard  
½ cup mayonnaise  
½ cup celery minced  
½ tsp paprika  
¼ tsp black pepper powder  
2 tbsp fresh lemon juice  
Salt to taste

### Method

In a large bowl, add all the ingredients together gently, stirring until well coated. Refrigerate for an hour before serving.

## TANDOORI BHETKI

### Ingredients

1 bhetki fish



1 tbsp red chilli powder  
1 tsp turmeric powder  
1 tsp garam masala powder  
1 tbsp gram flour  
¼ cup hang curd  
4 tbsp mustard oil  
1 tsp ginger paste  
½ tsp garlic paste  
Salt as required

### Method

Cut and wash the fish properly and keep aside. Take a bowl and add all the ingredients. Adjust the amount of gram flour and yoghurt to get a nice thick paste. Apply this marinade to

the fish on both sides very well. Keep it for at least 30 minutes in the fridge. Preheat the oven to 180° C. Grease the pan or rack. Place the fish on the grill rack and cook it for 15-20 minutes until golden brown. Serve hot with rice, roti or paratha.



## GARLICKY LEMON BAKED TUNA

### Ingredients

6 pieces tuna  
½ tsp freshly ground black pepper  
5 tbsp butter, melted  
2 cloves garlic, minced  
½ tsp crushed red pepper flakes  
Juice and zest from half a lemon

1 lemon, sliced into round  
Salt to taste

### Method

Preheat oven to 200° C. Season tuna with salt and pepper and place on a small baking sheet. Mix together butter, garlic, red chilli flakes, lemon juice and zest then pour over tuna fish. Place lemon rounds on top around tuna. Bake tuna for 10-12 minutes or until fish is fork-tender. Remove from oven and serve.

## FISH AND CHIPS

### Ingredients

500g boneless and skinless sea-fish fillets  
4 large potatoes, peeled and cut into strips  
1 cup all-purpose flour  
1 tsp baking powder  
1 tsp salt  
1 tsp ground black pepper  
1 cup milk  
1 egg  
Oil for deep frying

### Method

Place potatoes in a medium-size bowl of cold water. In a separate medium sized mixing bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg. Stir until the mixture is smooth. Make a smooth batter. Let mixture stand for 20 minutes. Pre-heat the oil in a large pot or electric skillet to 175° C. Fry the potatoes in the hot oil until they are tender. Drain them on paper towels.

Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. Drain well on paper towels. Fry the potatoes again for 1-2 minutes for added crispness. Serve hot with sauce.

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