

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.



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.

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



Photo: Sazzad
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 Food and
 Styling:
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