

**Method:**

Clean the fish pieces and marinate them with a pinch of turmeric and salt. Now heat oil in a pan and fry the fish pieces to golden brown and keep aside. Heat oil in a separate pan; add cinnamon, cardamom, clove, celery seeds and fenugreek seeds for tempering to the oil. When they start spluttering add onion, garlic and ginger paste and fry until brown. Add red chilli powder, turmeric powder, tomato puree and salt to it. Cook for few minutes. Now add water and fried fish, simmer the heat. When the gravy becomes thick remove it from heat. Sprinkle ghee on the top of the gravy. Garnish with the green chilli and serve.

**MALAI PABDA****Ingredients:**

8 pieces pabda fish (dressed and washed)  
3 tsp poppy seeds paste  
1 tsp ginger paste  
1 tbsp onion paste  
1 cup coconut milk  
2 tsp red chilli powder  
1/2 tsp turmeric powder  
1/4 tsp cumin seeds  
3 pieces green chilli  
1/2 cup oil  
2 tbsp chopped coriander leaves  
Salt and sugar to taste

**Method:**

Marinate the fish with a pinch of turmeric powder, salt and keep aside. Heat oil in a pan; add onion and ginger paste, fry it properly. Add poppy seeds paste, red chilli powder, turmeric powder, salt and sugar. When the spices are fried properly, add coconut milk and green chilli. Bring to a boil. Now add fish and cook for 10 minutes in a low heat with the lid on. When the



gravy becomes thick, turn off the gas. Garnish with coriander leaves and serve.

**ECHOR-CHINGRI (GREEN JACKFRUIT CURRY WITH PRAWN)**

In Bengal, 'echor-chingri' is a traditional dish; one that is delicious and easy to prepare.

**Ingredients:**

400g green jackfruit  
250g prawns

**1 big potato (cut into pieces)**

1 cup chopped onion  
2 tsp ginger garlic paste  
1 cup chopped tomato  
1 tbsp green chilli  
1 tsp red chilli powder  
1/2 tsp turmeric powder  
1/2 tsp cumin seed  
1/2 tsp garam masala powder  
1/4 cup mustard oil  
Sugar and salt to taste

**Method:**

Cut and wash the jackfruit. Heat 4 cups water in a pan with some salt and turmeric. When the water starts to boil, add jack fruit. Cook till the jack fruit is tender. Drain and keep aside. Clean the prawns and marinate with turmeric powder and salt. Now heat oil in a wok and fry prawns and potatoes and keep in a bowl.

In the same oil add cumin seed and fry for a while. Then add chopped onion and fry till golden brown. Add ginger garlic paste and stir for few minutes. Add turmeric, green chilli, red chilli and fry again with little water.

Now add chopped tomatoes and cover the pan to soften them. Cook until oil separates from the spices. Add fried prawns, potatoes and boiled jack fruit and 2 cups of warm water. Cook for another 10 minutes with the lid on. Remove from heat when the gravy is thick and oil floats over all contents. Sprinkle some garam masala powder and serve.

**Tips:** Make sure to rub oil in your hand before cutting the jackfruit to avoid the sticky latex.

**GREEN PEA RICE****Ingredient:**

2 cup aromatic rice (rinsed and drained)  
1 cup green peas fresh or canned  
3 green cardamom seeds  
2 (3 inch) cinnamon sticks  
4 whole clove  
8 black peppercorns  
1 tbsp ginger paste  
3 tbsp fried onion  
3 tbsp ghee  
4 bay leaves  
4 cup water  
Salt to taste

**Method:**

Heat ghee in a deep heavy skillet over low heat. Add the cloves, cardamom, pepper-corn, and cinnamon sticks. Cook for a few minutes to bring out the aroma of the spices. Add ginger paste and stir. Now add 4 cups of water and rice to the pan. Season with salt. Bring to a boil, add green pea, then cover, and cook until the rice is tender and the water has been absorbed. When it is done garnish with the fried onion and serve.

**ALOO GOSHT (MUTTON WITH POTA-TOES)**

Mutton is tough and strongly flavoured, and needs to be marinated and cooked well to bring out its unique taste. The most important step while cooking mutton is the marinating. The marinade is a mix of spices used to flavour and tenderise the meat. Yoghurt is the best ingredient to marinate mutton along with mild spices and even vinegar.

**Ingredients:**

1 kg mutton  
1/2 kg potato (peeled, cut into 1-2 inch pieces)  
1/2 cup chopped onion