

Stuff the cuts with coriander. Mix the chillies, cumin, olive oil and salt. Rub this mixture all over the fish. Place on a baking tray and bake in the oven for about 30 minutes. Check if the fish is cooked and opaque. Meanwhile whisk together the dressing ingredients. Once the fish is cooked, drizzle dressing over the fish and serve hot.

CHICKEN TERIYAKI

Ingredients:

120g chicken thighs
10g dry flour



1kg salt
1g pepper
50ml teriyaki sauce
15g katakuriko (potato starch)
30g fried potatoes, julienne
8g spring onions

Method:

Prepare teriyaki sauce by combining 30ml of soy sauce, 60ml of mirin-fu (non-alcoholic mirin), 20ml of chicken stock, 5g of sugar. Bring to a boil, and then let simmer. Take 2g of katakuriko and add a spoonful of water

and make a slurry. Add this to the teriyaki sauce and keep warm.

Prepare the fried julienne potatoes by first peeling the potatoes and slicing lengthwise with a mandolin with a shoestring blade. Rinse the julienne strips in cold water and pat dry with kitchen towel. Heat oil to 160°C. Dust the potato with katakuriko and fry for 2 minutes till golden. Remove and drain on kitchen towel and dust with salt.

Cut the spring onions width-wise into thin slices. Place them in ice water and then pat



dry with kitchen towel.

Season chicken thighs with salt and pepper. Dust the skin with flour. Heat a skillet to medium heat, and add chicken skin-side down. Cook for 3 minutes, and then turn-over and cook an additional 3-4 minutes until the chicken is cooked through.

On your serving dish, add some teriyaki sauce. Slice the chicken width-wise into 8-10 strips, and add on top of sauce. Add some more teriyaki sauce on top of chicken and garnish with spring onions. Add fried juli-

enne potatoes on top.

CHICKEN TANDOORI CHIC

Ingredients:

Fresh yoghurt
Ginger-garlic paste
Chilli paste
Garam masala powder
Salt

Method:

Mix well with chicken and marinate for 1 hour. Now put the chicken in the oven. Put



butter on chicken after some time. Make curry paste by blending tomatoes, onions, cashew nuts, ginger and garlic. Boil curry paste and reduce it to half. Now heat ghee, fry garlic, onions, ginger till golden brown and add tomatoes, chopped chicken, chillies and garam masala. Now add curry paste.

Photo: Sazzad Ibne Sayed

Food prepared by Radisson Blu
Chittagong Bay View





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