

Ingredients

300 g potatoes
100 g bhetki fillet
2 tsp dried parsley
1 egg
1 lemon
Olive oil
1 tbs plain flour

Method

Bring a large pot of salted water to boil. Peel your potatoes, chop them into even sized chunks (or use the left over potatoes from your baked potatoes – scoop out the potato and discard the skin), add the potatoes to the boiling water and bring to boil.

Rub the bhetki fillet all over with a little olive oil and add a pinch of salt and pepper.

When your potatoes have partially cooked, place the bhetki into a colander,

leaving with a really good pinch of salt and pepper. Finely grate over the lemon zest, then mash and mix it up really well.

Dust a plate with a little of the extra flour. Divide your fish cakes into 4, lightly shape and pat into circles about 2cm thick, dusting them with flour as you go. Put them onto a clean plate also dusted with a little flour. If you are going to freeze them at this point, wrap them in clingfilm and put them into the freezer. Otherwise simply pop them into the fridge for an hour before cooking – this will allow them to firm up slightly.

Put a large fry pan on a medium heat and add a couple of jugs of olive oil. When the oil is nice and hot, add your fishcakes and cook for about 3 – 4 minutes on each side or until crisp and golden – you may need to cook them in two batches. Serve

2 cups (500ml) milk

1 pinch salt and ground black pepper, to taste

1 1/2 cups grated Kissan cheese

Method

Preheat oven to 180 degrees C. Oil 20x30cm baking dish.

Bring a large saucepan of lightly salted water to a boil. Add fish fillets and cook for 4 to 6 minutes; drain.

Melt butter in a medium saucepan. Remove from heat then mix in the flour and milk. Return to stove over medium heat and stir until thickened. Season with salt and pepper.

Flake fish into baking dish alternating layers with sauce. Sprinkle top with grated cheese.

Bake in preheated oven for 20 to 25



then cover this with foil, and place the colander over the pot of boiling potatoes. Turn the heat down and cook for 8-10 minutes, until the bhetki and potatoes are both cooked.

Remove the fish from the colander and put to one side. Drain the potatoes in the same colander, then return them to the pot and let them steam dry for a minute.

Mash the potatoes, spreading the mash around the sides of the pan to help it cool down quickly. Remove any skin from the bhetki. When the potatoes are cooled, put it into a bowl and flake the fish into it with 1 tablespoon of flour. Add the egg and pars-

straight away, with lemon halves for squeezing over, serve with lovely vegetable or a cool crisp salad.

CREAMY FISH BAKE

The delicate nature of fresh white fish is combined with a simple white sauce then baked with a layer of cheese on top. Here you have the choice to add any vegetable you want. This is a basic recipe for you to enhance.

Ingredients

1 kg boneless white fish fillets
3 tbs butter
6 tbs plain flour

minutes or until cheese is browned.

STUFFED TUNA PEPPERS**Ingredients**

4 large finger long capsicum
2 tins tuna
1/3 cup mayonnaise
1 stalk chopped green onion
1 tablespoon red onion
1 chopped tomato
1 tablespoon diced capsicum

Method

Drain tuna, and add to a bowl with the mayonnaise. Wash, dry and dice your veggies, except for the large finger long

capsicum. Add vegetables and tuna to the bowl and mix well. Meanwhile, slice large rainbow peppers vertically, and de-seed them. Stuff each with tuna mixture. Enjoy immediately or refrigerate.

TUNA MELT

The tuna melt is a classic. Crispy and cheesy!

Ingredients

4 slices of bread
1 tsp olive oil
3 spring onions (whites and greens sliced)
4 tbs mayonnaise
A small can of tuna in water, drained
Squeeze of lemon
Salt and pepper
4 slices light swiss cheese (Agora, Meena Bazaar)
A handful of lettuce (optional)

Method

Turn the grill on to hot. Lightly toast the bread in a toaster until just coloured, then place on an oven tray and drizzle with the olive oil. In a bowl, mix the spring onions, mayo, tuna and a squeeze of lemon until well combined. Season to taste. Spread the tuna mix on to each of the toasts and top with a slice of cheese each. Grill briefly until the cheese begins to bubble. Top with lettuce and a sprinkle of pepper to serve.

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Food prepared by Mermaid Beach Resort

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