

up in the food chain as they are likely to carry more mercury in their system. It is therefore best to stick to smaller fish, and sushi is an absolute no-go!

## ROHU FISH

Although sea fish has a greater content of protein, river fishes are not far behind. Living inland where river fish like rohu and katla are more common, it is always a good idea to bank upon the fish protein as much as possible. Be it a child or an adult, this protein is needed for growth and good health of tissues.

## ROHU RAITA -

### Ingredients:

4 pieces rohu fish  
1 tbsp lemon juice  
200g hung curd (take some good pure yoghurt, homemade or other and in a porous cloth, hang it overnight. Preferably use the racks in your fridge to hang it from).  
Salt and brown sugar or some jaggery to taste

1 cup chopped coriander, chopped green chillies and about ¼ cup and some lemon leaf or lemon zest  
3 tbsp mustard oil

### Method:

Marinate the washed and clean fish with salt and the lemon juice for 20 minutes. Take hung curd in a bowl and add chopped coriander, sugar, green chilli, lemon leaf, mustard oil and give it a mix. Dab the fish pieces in this mixture. Place it in a non-stick pan and cover it for 8-10 minutes on a medium heat, until the oil separates and the fish is tender and cooked when jabbed with a fork.

### Serving:

Sprinkle some dry fried onions and some coriander on top before serving this raita cold.

### Health spotlight:

Rohu fish is considered to be a rich source of vitamin C, which is essential for gum diseases like scurvy and helps keep away those sniffles and flus. Along with this essential vitamin, rohu fish also contains omega-3 and healthy fats, then essential minerals like iron, zinc, iodine, potassium, calcium and selenium are just a few names. So keep that thyroid healthy, your blood



haemoglobin levels regular and harden those bones with some rohu fish!

## HILSA

There is a Telugu proverb which has the following meaning: A woman is prepared to sell her mangalsutra to buy Pulasa fish.

This fish's unique migration from brackish to sweet water, while the fish's body eliminates excessive mud and salts, building up higher levels of polyunsaturates, is thought to be the reason behind its exquisite taste. This fish is available in the south-

ern part of India during the floods of August and September but for us, the ilish is eternally our national fish and we can never cease praising its amazingly supreme taste.

## PULASA CHEPA: ILISH WITH OKRA, A SOUTH INDIAN RECIPE

### Ingredients:

1 kg hilsa fish pieces,  
3 onions big size  
5-6 green chillies, chopped  
200g okra or bhendi  
1 fist full curry leaves  
1 cup coriander leaves  
2 garlic cloves,  
2 tbs coriander seeds  
½ tbs cumin (zeera) seeds  
150g tamarind paste  
200g mustard oil  
Salt and fresh chilli paste to taste  
½ tsp turmeric powder

### Method:

Make a paste of the onions, coriander seeds, garlic and jeera. Soak tamarind in water and mix into fine paste. Fry onions in the mustard oil till they are still translucent but on the verge of brown. Add the chopped chilli pieces and the onion paste and fry for about 5 minutes then add the fish pieces along with rest of the ingredients (except curry leaves and coriander). Close the lid for 5 minutes and now add the tamarind juice to the pieces and let it cook for 5 minutes. At this point add the okra, curry leaves and coriander leaves and cook for another 10 minutes. Wait for the oil to separate then consider your dish ready.

### Serving:

This dish tastes better as the flavours seep into it so either make it few hours prior to serving or overnight.

Did you know: The Malaysian town Tapah is named after a fish which is also widely consumed in Bengal, Assam and many other countries. The humble Boal Maach or Wallago Attu steals quite a bit of the spotlight when it comes to being recognised.

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