

Across boundaries

In a way, the food that we consume unites humanity. Across cultures, despite regional differences, some ingredients and dishes stand out as staples. From Asia to Africa, Europe and the Americas, fish stands out as a favourite on our dinner tables.

This week, Star Lifestyle brings three fish recipes from three distinguished master chefs of Le Méridien Dhaka.



MASTER CHEF SHAMSHER AHMAD
INDIAN CUISINE

MALWANI FISH CURRY

Ingredients:

1 kg sole fish fillet
250g onion, chopped
250g fresh coconut
200ml oil
Salt to taste
30g garlic
20g ginger
4 pieces cloves
2 pieces cinnamon
2 pieces bay leaf

Method:

For masala –

Sauté onion garlic and coconut in less oil, to become golden brown and make a paste.

Masala for sole fish marinate -

Saute garlic, ginger, clove, cinnamon, pepper corn and bay leaf, in less oil and make a paste. Add marinade to sole fish.

In a bowl add fish and paste of garam masala and marinate. In a handi add oil, add chopped onion and sauté till golden brown. Add marinated sole fish and Malvani masala and cook. Add fish stock and cover it and cook on slow flame. Add onion and coconut paste and cook till it is thick in consistency.



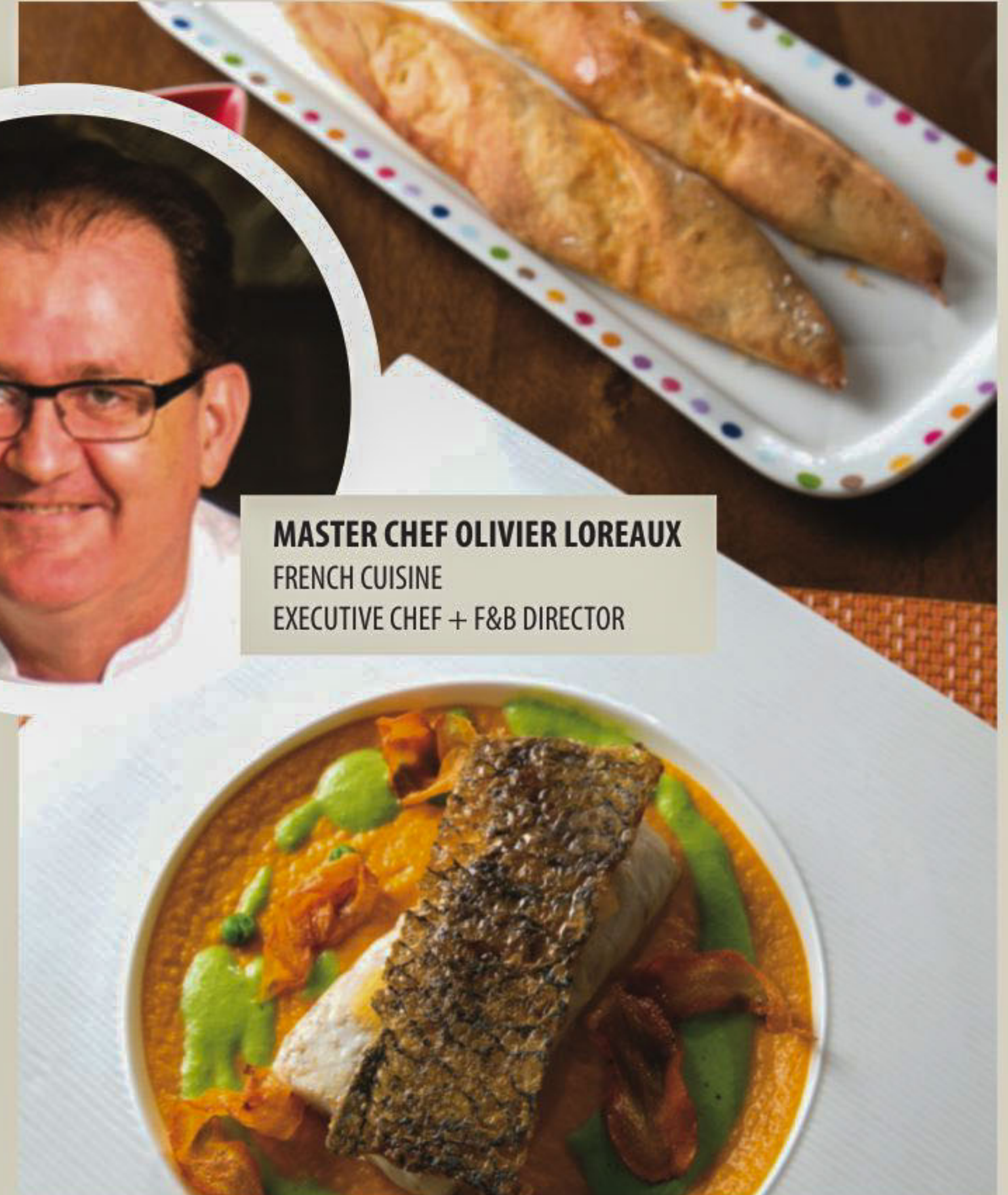
SEA BASS PROVENÇALE WITH CREAMED GREEN PEAS AND CARROTS ORANGE GINGER PUREE

Ingredients:

60ml extra virgin olive oil
300g yellow onions, thinly sliced
100g fresh parsley, chopped
30g fresh thyme
3 cloves garlic, chopped
600g fresh tomatoes, chopped
200g dry white wine
4 pieces sea bass fillets (200 grams each)
Salt as required
Pepper as required



MASTER CHEF OLIVIER LOREAUX
FRENCH CUISINE
EXECUTIVE CHEF + F&B DIRECTOR



Carrots with orange and ginger purée -

1 kg carrots (about 16 small carrots), peeled and cut into ½" slices
500g chicken or vegetable broth
1 tbsp sugar
½ tsp salt
1 tbsp ginger, finely grated and peeled fresh
2 cloves garlic, minced or grated
200g fresh orange juice
Freshly ground pepper, to taste

Method:

Heat the olive oil in a large pan over medium-high heat. Add onions, half of parsley, thyme, garlic and red pepper. Sauté until onions begin to soften in about 5 minutes. Stir in tomatoes and wine. Sprinkle fish with salt and pepper. Place fish in the same place. Bring to a simmer. Cover; bake until the fish is ready (in about 10 minutes.) Plate the fish. Stir remaining parsley into sauce. Boil sauce until reduced slightly (give it about 2 minutes). Season to taste with salt and pepper, spoon over sauce.

Carrots with orange and ginger purée -

Combine the carrots, broth, sugar, and salt in a saucepan over medium heat; bring to a simmer, cover, and cook until the carrots are very tender, 20 minutes. Drain the carrots, reserving the ¼ cup of cooking liquid.

Heat oil in a saucepan over medium-low heat. Add the ginger and garlic and cook, stirring frequently, until softened and fragrant, about 2–3 minutes. Remove from heat and place in a food processor along with carrots and orange juice; purée until smooth, scraping down the sides of the bowl as necessary. Add 1–2 tbsp reserved cooking liquid to make a smooth purée. Season with salt and pepper; serve warm.