



# Kitchen Potpourri



## MANDARIN FISH WITH CHILLI SAUCE

### Ingredients

Back part of whole mandarin fish  
60g onion  
1 lemon  
60g papaya  
30g ginger  
1tsp vinegar  
½ cup flour  
1tsp sugar  
2 tbsp corn flour  
1 egg  
1tbsp soya sauce  
½ tsp black pepper  
3 tbsp ghee  
Salt to taste

### Method

Wash and clean fish and remove skin with knife. Then cut fish on the bone into half inch thick slices. Marinate the fish slice with

lemon juice and salt. Wash the marinated fish once again and dry with a soft cloth.

Now make a thick paste of egg, flour, black pepper and salt. Pour oil in a pan, and heat oil to a moderate temperature. Dip fish pieces into the egg flour batter and deep fry till they turn golden in colour.

Combine the onion, thin slices of papaya, chopped ginger, sugar, soya sauce with two cups of water in a pot and bring it to boil. Then add fish pieces and vinegar. After five minutes add corn flour with one cup of water and cook for few minutes or until the sauce starts to thicken, stirring continuously. Quick serve with chilli sauce.



## RUI/KATLA RANGA

### Ingredients

500g rui or katla fish (upper half)  
50g yoghurt  
1 cup coconut paste  
2 tbsp poppy seed paste  
1 tsp turmeric powder  
1 tsp chilli powder  
1tbsp sugar  
½ cup tomato paste  
50g mustard oil  
Salt to taste  
A few chopped green chilli  
A few chopped coriander leaves

### Method

Cut fish into regular size pieces and wash them properly. Then deep fry the fish in mustard oil and keep aside. Add more oil to the same pan and add coconut paste, yoghurt, salt,

sugar, poppy seeds paste, turmeric and chilli powder, tomato paste and some water. When it starts to bubble, add fish pieces and cook on medium heat till the gravy thickens. Sprinkle chopped green chilli and coriander leaves on top. Serve hot.

## COCONUT COOKIES

### Ingredients

2 cups flour  
1 cup coconut paste  
½ cup sugar  
60g ghee

### Method

Mix flour with a pinch of salt and 2 tablespoons of ghee. Then add coconut paste and sugar. Do not add any water. Roll the dough with a rolling pin and cut cookies with a cookie cutter, preferably round, but any shape you prefer will also do. Fry cookies in ghee. Crispy and crunchy coconut cookies are ready to serve.

