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½ tsp turmeric powder  
Pure mustard oil (enough to fry fish)  
Sprinkle a little lemon juice, if desired  
**Method**

Clean fish and wash. Marinade with chilli powder, turmeric powder and salt; keep it for 15 minutes. In frying pan, shallow fry the fish till golden brown. Let them cool. Once cool, debone the flesh.

In fry pan, fry onions, coriander leaves and green chillies. Add the fish making sure there are no bones in it. Mix with mustard and mix well. Take it off the stove. Serve with steamed rice.

brown. Now add coconut, boiled seem, coriander leaves and salt. Fry for 2 or 3 minutes. Now blend the all mixture in a food processor to a nice paste like consistency and enjoy steam rice.

**Ilish fish paturi**

Serves 2-3

**Ingredients**

- 500g ilish
- 1 cup coconut paste
- 4 tbsp mustard paste
- 3 tbsp green chilli paste
- 3 tbsp mustard oil
- 2 tbsp vegetable oil

aside. Then marinate the fish with previously prepared mixture of all the spices.

Put the marinated fish on the banana leaf, wrap it tightly, and tie with a string. Heat oil in a frying pan and put the wrapped fish on it. Fry on medium heat; you may cover with a lid so it can cook thoroughly until the leaf has turned yellow.

Then remove the wrapped leaf from frying pan and take fish out of leaf and serve with hot rice.

**Achari bhetki fish**

Serves 2-3

**Ingredients**

- Salt and sugar, to taste
- Bell peppers, cubed
- 4 green chillies

**Method**

Cut fish into cubes wash thoroughly, rub with salt, little turmeric and red chilli powder. Fry for a little while but do not let them burn.

Now in oil put sliced onion; cook until it thickens. Add finely chopped garlic and fry them until the onion and garlic get light brown; add salt, onion and ginger paste, turmeric and chilli powder. You need to cook the spices very well, adding water little at a time.



**Seem-narkel bharta**

**Ingredients**

- 1 cup shredded coconut
- 1 cup seem (flat beans), boiled and mashed
- 1 cup onion
- 1 pinch mustard seeds
- 1 pinch cumin seeds
- 2 tbsp coriander leaf
- 2 tbsp mustard oil
- 4 or 5 red chillies
- 2 green chillies
- Salt to taste

**Method**

Fry the mustard and cumin seeds; add onions and chillies. Fry until the onions turn

- ¼ red chilli powder
- ½ tbsp turmeric powder
- 1 tbsp lemon juice
- 1 banana leaf
- Salt to taste

**Method**

Clean and wash the fish and keep aside. In a bowl prepare a mixture with the coconut paste, mustard paste, green chilli paste, mustard oil, salt, chilli powder, turmeric powder and lemon juice.

Wash and wipe the banana leaf and cut it into square pieces of 6 inch by 6 inch, so that one piece of fish can easily fit into it. Coat the leaf with oil from inside and keep it

- 500g bhetki fillet
- 1 medium onion (chopped)
- 2 tbsp onion paste
- 4 cloves garlic, chopped
- 1 tsp garlic paste
- 1 tsp ginger paste
- 2 tbsp tamarind sauce (or you can soak tamarind in water with little sugar)
- 1 tsp panch phoron (crushed)
- 1 tomato, chopped
- ½ tsp turmeric powder
- 1 tsp red chilli powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- 3 tsp mustard oil

Add chopped tomato and water when the tomatoes are completely dissolved in the gravy. Add fish cubes; add tamarind. When the gravy is reduced add green chillies and bell pepper.

Now the final part, the achari flavour - crush panch phoron, whole coriander seed and little cumin seed together, put them into the gravy, add 2 teaspoon mustard oil over the fish, cover the lid, and keep it on very low flame for 5 min, ready, you may add little sugar to sharpen the taste.

**By Saiful Alamin Liton, Executive chef, Lakeshore Hotel**

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