



DESHI MIX
BY SALINA PARVIN



Differently fishy

FISH RECIPES
Fish is consumed as food by many species, just like us! It is a great and important source of protein and other nutrients. Over 32000 species of fish have been described, making them the most diverse group of vertebrates. However, only a small fraction of that number is commonly eaten by us. Edible fish is categorised as either fin fish or shell fish. The term fin fish refers to the fishes that have a bony skeleton. Most fin fish come from salt water, however, lakes and inland water add considerable amounts to the total catch. Edible shell fish are mainly salt water fish. Shell fish is used to designate both mollusks and crustaceans.

NUTRITIONAL VALUE

Fish provides a good source of high quality protein and a wide variety of vitamins and minerals, including vitamin A and D, phosphorus, magnesium, selenium, and iodine in marine fish. Its protein- like that of meat- is easily digestible and favourably complements dietary protein provided by cereals and legumes that are typically consumed in many developing countries. Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for the body and brain.

HEALTH BENEFITS

Generally speaking, all types of fish are good for us. They are high in many nutrients that most people aren't getting enough of from other sources. Here are few health benefits of eating fish that are supported by research.

1. Fish may lower your risk of heart attacks and strokes
2. Fish may increase gray matter in the brain and protect it from age-related deterioration.

3. Fish may help prevent and treat depression, making you a happier person.
4. Fish is the only good dietary source of vitamin D.
5. Fish consumption is linked to reduced risk of autoimmune diseases, including Type 1 Diabetes.
6. Fish may help prevent asthma in children.
7. Fish may protect your vision in old age.
8. Fish may improve sleep quality.

bright, clear and bulging and not sunken.
-The gills of freshly caught fish are bright red, but as the blood in them oxidizes they rapidly turn brownish and any mucus on them turns opaque.
-If fish is split along the backbone and lifted, the bone should stick firmly to the flesh. If the bone separates easily, the fish is stale.
-The surface should be free of dirt and slime.
-The flesh should be firm to touch with

spoiled during catch and further handling. Fish spoils quickly and should be used as soon as possible. It should be kept covered in the coldest part of the refrigerator for no longer than 2 days. Pre-packed fish and shell-fish can be refrigerated in the original packaging for a short time. Fish wrapped in butcher paper should be taken out and wrapped in aluminum foil or plastic wrap. Frozen fish maintains good quality when placed in the freezer immediately after purchase. Freezer temperatures of 0 degree F (-180 degree C) or lower are necessary to prevent loss of colour, texture, flavour and nutritive value. Cured fish is best kept covered in the refrigerator. Open canned fish should be used up immediately or refrigerated.

FISH PIE

Ingredients

500g white fish
600 ml milk
6-8 large potatoes
Pinch of salt
50g butter
1/2 tsp black pepper powder
1 1/2 tbsp plain flour
2 tbsp chopped parsley
100g grated cheese

Method

Preheat oven to 180 degree C. Place the fish in an oven-proof dish and cover with the milk. Bake in the oven uncovered for 30 minutes or till the fish is cooked through. Peel and chop the potatoes, and boil with a pinch of salt until soft. When the fish is done, drain the milk into a jug and keep aside. Flake the fish with a fork and leave in the dish. Once potatoes are done, drain, then add 30g of the butter and a splash of the reserved milk, and mash. In another saucepan melt the remaining butter on



Whether the fish is fresh can be checked by looking for the following qualities:

-The skin looks bright, moist and shiny. The scales should be firmly attached to the skin. The skin on stale fish may show signs of wrinkling and shrinking away from the flesh.

-The eyes of a freshly caught fish will be convex, the pupil will be black and the cornea translucent. The eyes should be

no traces of browning or drying around the edges.

-A fish having odor indicates deterioration due to oxidation of polyunsaturated fat and bacterial growth. Rancidity is revealed by yellowish spots on the surface. Rancidity can be recognised by a sour taste, uncharacteristic of fresh fish.

STORAGE

It is estimated that 10-15 percent of fish is