

medium heat and slowly add flour, stirring constantly until you get a smooth paste. Add the remaining milk a little bit at a time, stirring constantly, until you get sauce-like consistency. Add the parsley and stir well. Cook for 5 minutes. Add the sauce to the flaked fish and mix well. Top of the mashed potato and spread evenly. Sprinkle the grated cheese and black pepper powder evenly over the potato topping. Place back in the oven for 30-40 minutes, or until the cheese is bubbling and slightly golden brown. Take out of the oven and leave to cool for 5 minutes and serve.

FISH AND CHIPS

Deep fried fish in a crispy batter with fat golden chips is still one of Britain and Ireland's favorite meal. First appearing in the 1860s, in 1910 there were more than 25,000 fish and chip shops across the UK, and by 1930s it increased to over 35,000.

Ingredients

500 gm boneless and skinless fish fillets
4 large potatoes, peeled and cut into strips
1 cup all-purpose flour
1 tsp baking powder
1 tsp salt
1 tsp ground black pepper
1 cup milk
1 egg
Oil for deep frying

Method

Place potatoes in a medium-sized bowl of cold water. In a separate medium sized mixing bowl, mix together flour, baking powder, salt, and pepper. Stir in the milk and egg and mix until a smooth batter forms. Let mixture stand for 20 minutes. Pre-heat the oil in a large pot or electric skillet to 350 degree F (175 degree C). Fry the potatoes in the hot oil until they are tender. Drain them on paper towels. Dredge the fish in the batter, one piece at a time, and place them in the hot oil. Fry until the fish is golden brown. If necessary, increase the heat to maintain the 350 degrees F (175 degrees C) temperature. Drain well on paper towels. Fry the potatoes again for 1-2 minutes for added crispness. Serve hot with sauce.

MACHER POULAO (FISH RICE)

Ingredients

500 gm Rui fish, cleaned and cut into 6 pieces
2 cup aromatic rice, soaked in water for 30 minutes
1 bay leaf
1 tsp ginger paste
1 tsp red chilli paste



3/4 cup thinly sliced onion

4 pods of garlic, finely chopped

1/2 tsp turmeric powder

1/2 tsp garam masala powder

4-5 tsp ghee

Salt to taste

Cashew-nuts, raisins as required

4 cups warm water

Oil for deep frying

Method

Wash rice and soak it in water for 30 minutes. Let the water drain. Marinate fish with salt and turmeric powder for 15 minutes. Deep fry fish pieces and keep aside. Heat 2 tablespoons of ghee in a deep pan. Add

chopped onion and sliced onion and fry till golden brown. Add bay leaf, chilli paste and 1/4 tsp garam masala powder, sauté for 2 minutes on medium low heat. Mix fried fish pieces into this spice mixture and fry for another 2 minutes, remove from pan and set aside. Add remaining ghee in the same pan. Add rice, garam masala powder, turmeric powder, cashew-nuts, raisins, and salt in it. Fry for 2 minutes. Add warm water and mix well. Higher the flame till it starts to boil. Cover with a lid and place on the stove to let simmer exactly for 15 minutes. Switch off the heat now. Arrange fried fish pieces with onion mixture on the top. Cover it for

another 10 minutes. Serve hot with any curry or raita.

SPRING SHRIMP ROLLS

Ingredients

20 pieces large shrimp, peeled and deveined with tail left on
1 package spring roll wrappers (20 count)
1 cup sweet and sour sauce for marinade and dipping
Salt and pepper to taste
Oil for frying

Method

Cut 10 spring roll sheets in half diagonally so you end up with 20 triangles. Keep them in their container until ready for use. Pat dry the shrimp. Using a knife, make a few nicks on the inside of the shrimp. This will help them to lay straight when you roll. Slightly add salt and pepper then lightly brush both sides of the shrimp in the sweet and sour sauce and let them sit for 10 minutes. Lay the shrimp with the tail towards you on the spring roll triangle. Cover the shrimp with the right corner and roll tightly to the centre, fold down the top corner and continue to roll. Dip your finger in water and lightly wet the third corner to seal the roll. Keep finished shrimp under a damp towel to keep from drying out, or put them in oil right away. Heat oil in a pan on medium high. Once the oil is hot, place the shrimp in, a couple at a time. Fry until golden brown. Serve with sweet and sour sauce for dipping.

FISH AND NOODLE SOUP

Ingredients

3 cups fish stock
400g korla fish, cut into small pieces
200g noodles
100gm baby spinach
2 tsp soy sauce
2 celery sticks, thinly sliced
200g mushrooms, sliced
1 tbsp fresh grated ginger
1 clove garlic, grate
Salt and black pepper powder to taste

Method

Place stock, water and soy sauce in a large pan. Bring to boil over medium heat. Add celery, mushrooms, ginger, garlic and noodles. Simmer, partially covered for five minutes, add fish and simmer for 3-4 minutes or until fish is just cooked through. Add spinach and cook, stirring until leaves are wilted. Season with salt and pepper. Serve hot.

Photo: Sazzad Ibne Sayed

Food styling: LS Desk

Available in
economical and eco-friendly

PET BOTTLE
Fortune™
RICE BRAN OIL
For your healthy heart

The country's only rice bran oil enriched with 1000mg Oryzanol, "Fortune Rice Bran Oil" is now available at an economical price and eco-friendly 1, 2 and 5 liter PET bottles.



BEOL | **adani wilmar**
For a healthy growing nation

The 3 health benefits of Oryzanol:

- Increases good cholesterol
- Decreases bad cholesterol
- Prevents cholesterol build up in the body

*BEOL is a subsidiary of Adani Wilmar Pte. Ltd.