



Ilish — A Bengali's love



After all the pomp of Eid ul Azha, we are sure you are looking for a break from the rich beef and mutton dishes. Delve into the world of the ilish and try these all-time stunning recipes to cheer up your taste buds.

SMOKED ILİSH (HILSA)

Although hilsa can be prepared in many different ways, the following is a smoked hilsa recipe. Its smoky flavour imparts a Bar-B-Q taste. You can prepare this recipe as your family meal, and also on special occasions.

Ingredients

10 slices hilsa fish
 ½ tsp turmeric powder
 ½ tsp red chilli powder
 2 tsp tomato sauce
 1tsp vinegar
 1 tsp ginger paste
 2 tbsp onions paste
 ¼ cup oil
 Salt to taste
 Charcoal and foil

Method

In a pan, marinate the fish with all the spices and set aside for 2-3 hours. Next, place the pan on a stove and cook it on low heat for 1 hour. When the broth dries up and releases a charred smell, take the pan off the heat. Serve in a dish with a glass lid.

Now make little bowls with foils and

place on top of the fish slices. Heat the charcoal and when it becomes red hot, put it inside the foil bowls. Add a little bit of butter over the charcoal and cover with a lid. Cast off the charcoal and foil after a few minutes and your smoked hilsa is ready to serve.

ILİSH PULAO

Ingredients

8 pieces hilsa fish
 2 cups aromatic rice
 2 bay leaves
 1 tbsp ghee
 1 tbsp ginger paste
 1 tsp garlic paste
 2 tbsp onion paste
 ½ cup chopped onion rings
 10 green chillies
 3 tbsp yoghurt
 4 tbsp oil
 Salt to taste

Method

Clean and soak rice for 30 minutes and let the water drain completely. Wash and clean the fish and pat dry. In a bowl, marinate the fish with the spices, yoghurt and salt and set aside for 30 minutes. Heat oil in a pan, add onion paste and fry till light brown. Add the ginger garlic paste and fry for a couple of minutes.

When the oil starts separating from the spices, add the marinated fish and

cover for some time.

Now open the lid and stir carefully. Then take the pieces out and place on a plate. Stir fry rest of the spices, which were in the pan, and take the pan off the stove and keep aside. Take a large pan and heat oil in it, add sliced onions and fry till golden brown.

Now add water, salt, sugar and cooked spices, and bring to a boil. When the water has started boiling, add the rice and cook for 10 minutes. After 10 minutes, take half the rice from the pan and place the fish pieces, slit green chillies, fried onions on half of the rice and cover the fish with the rest of the rice.

Cover the pan and cook on very low heat for another 10 minutes. When it is done, remove from heat and leave for 10 minutes with the lid on. Before serving, sprinkle ghee and fried onions on top.

POSTO ILİSH

Ingredients

6 pieces hilsa fish
 1 tbsp poppy seeds paste
 ¼ cup onion paste
 ½ tsp turmeric powder
 1 tsp red chilli powder
 4 pieces green chilli
 ¼ cup oil
 Salt to taste