

Method

Marinate the fish with a pinch of turmeric powder and salt for about 15 minutes. Mix all the spices with a small amount of water. Keep aside. Heat oil in a pan. Put the onion paste and fry until light brown. Now add the spices mixture and fry again for 2 minutes on medium heat. When the oil separates from the spices, add some water, marinated fish, green chilli and salt. Cover and cook for 10 minutes. When the gravy turns thick and the oil separates, remove from heat and prepare to serve.

ILISH MACHER BHORTA**Ingredients**

6 pieces hilsa fish
Pinch of turmeric and red chilli powder
3 medium onions, thinly sliced
¼ tsp chopped ginger
¼ tsp chopped garlic
5 dry red chillies, toasted
3 tbsp mustard oil
Salt to taste

Method

Clean and wash the fish thoroughly. Now



bones from the fish. Now using your hand, mix all the ingredients with the deboned fish. Mix well and serve hot with plain rice.

ILISH MACHER JHOL**Ingredients**

6 pieces hilsa fish
2 raw banana
4 tbsp mustard oil
½ tsp nigella seeds, 4 green chilli
1 tsp turmeric powder
1 tsp red chilli powder
Salt to taste

Method

Put the fish in a bowl and mix with ¼ teaspoons of turmeric powder and salt. Cut the raw banana longitudinally into half and then into 2-inch long pieces and soak in

water with a pinch of turmeric powder. Heat oil in a pan; add the nigella seeds.

As the nigella seeds start to pop, pour in the turmeric paste, add the bananas and toss for a minute. Add the slit green chillies, and pour in 2 cups of water. Let the water boil and reduce to half. Gently add the marinated fish pieces and cook for 5 minutes with the lid on. Take it off the flame and serve with warm rice.

ILISH MACH BHAJA**Ingredients**

1 kg hilsha fish
½ kg onions, julienned
12 to 15 green chillies, slit
½ cup mustard oil
Salt to taste

4 tbsp water, warm

Method

To prepare the dish, first wash and descale the hilsa fish and cut into 1-inch wide steaks with the bone in the middle. Take the onions, salt and green chillies in a pan and rub well with your fingers with the mustard oil. Make sure the onions disintegrate well to release the pungent sweetness of the onions. Pour some warm water over your fingers and carefully place the fish pieces over the onion mixture. Put over a low flame and let simmer for 10-15 minutes till the fish is tender. Serve warm with rice.

Food: LS Desk

Photo: Sazzad Ibne Sayed

