

DESHI MIX
SALINA PARVIN



Fish, local and gourmet

Fish is and always will be an important part of Bengali culture. The love affair with fish is well established, thanks to the numerous rivers and the Bay down south. No wonder then that it remains a prominent presence in the celebratory or festive occasions here. Of course, the health benefits are well known too.

Fish is a good source of high quality protein and wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium, iodine, particularly in marine fish. Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for the body and brain.

Checking Fish for Freshness

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

-The skin should be 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 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 also be free of dirt and slime, and the flesh firm to the touch, with no traces of browning or drying around the edges. A fish having unusually rancid odour indicates deterioration as well.

-To keep fish fresh, it should be kept covered, in the coldest part of refrigerator for no longer than 2 days. Pre-packed fish and shellfish can be refrigerated in the original package for a short time as well. Fish wrapped in butcher paper should be taken out and wrapped in aluminium foil or plastic wrap. Frozen fish maintains good quality when placed in the freezer

immediately after purchase. Freezer temperatures of 0° F (-180° C) or lower are necessary to prevent loss of colour, texture, flavour and nutritive value. Cured fish is best kept covered in the refrigerator. Canned fish, once opened, should be used up immediately or refrigerated.

Gandharaji Maach (fish cooked with gandhoraj lime)

Ingredients

6-7 pcs Rui/Katol fish
1 tbsp onion paste
1 tsp ginger paste
1 gandharaj lime
2 leaves of gandharaj lime
½ tsp turmeric powder
1 tsp red chilli powder
¼ tsp cumin powder
2 green chillies, slit
2 tbsp mustard oil
Salt to taste

Method

Wash the fish and marinate with salt and pinch of turmeric powder. Keep aside for 20 minutes. In a large wok, heat oil on medium heat. Turn the heat on low, and add the onion and ginger paste, fry for 2-3 minutes. Add red chilli powder, turmeric powder, cumin powder and a little water. Mix well, continue cooking on low heat for 1 minute. Add the fish and cook. Add the lime leaves and green chillies, stir. Cover and cook till the

consistency of the gravy is to your liking. Squeeze the juice of the gandhoraj lime over the fish. Serve hot, with rice or pulao.

Rui Macher Dom curry

Ingredients

5-6 pcs Rui fish
½ cup onion paste
2 tsp ginger paste
2 bay leaves
1 tsp cumin seeds
½ tsp turmeric powder
1 tsp red chilli powder
3 tbsp mustard oil
Salt to taste

Method

Soak the bay leaves and cumin seeds in warm water for 15 minutes. Drain from water, grind to a smooth paste. Add the onion paste, ginger paste, turmeric powder, red chilli powder, 1 tablespoon of mustard oil and salt to the prepared mixture. Add the fish pieces to the masala, coat well. Keep aside for 10 minutes. Heat 2 tablespoons oil in a flat pan. Gently place the marinated fish along with the marinade in the pan. Cook over low flame for 8-10 minutes. Add ½ cup of warm water, cover and cook for another 5 minutes. Finish with a generous drizzle of mustard oil. Serve hot with steamed rice.

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Black Tiger Prawn, Horina Shrimp, Red Snapper, Sea Bass and Basa Fillet are also available.