

Are you MAACHE BHAATE BANGALI?

Mastering the art of cooking hilsa

Delve into the rich culinary heritage of Bengal with delectable dishes featuring the prized hilsa fish. Using a tantalising blend of spices and then cooked to perfection, these recipes promise an unforgettable taste of tradition allowing you to experience the essence of Bengali cuisine in every savoury bite.



KASUNDI ILISH

Ingredients

1 kg hilsa fish (cut into pieces)
¼ cup mango kasundi
1 tbsp mustard paste
2 tsp red chilli powder
½ tsp turmeric powder
¼ cup mustard oil
Salt to taste

Method

Cut and wash the fish pieces. Marinate with salt and turmeric and keep aside for 10 minutes. Heat oil in a pan. Put all the spice powders and pastes. Cook for a while. Add a little water to it. Add salt, jaggery, and mango-kasundi. Stir for 5-6 minutes. Put hilsa and some water in it, if required. Cook for 10 minutes with the lid on in low heat. When the gravy is thick, remove the pan. The hilsa is ready to serve.

BHAPA ILISH

Ingredients

6 pieces hilsa fish
1 tbsp mustard seed paste

1 tsp red chilli powder
½ tsp turmeric powder
3 green chillies
Salt to taste
2 tbsp mustard
1 tbsp lemon juice

Method

Mix all the ingredients except the green chillies. Leave them for half an hour. Grease an aluminium container with mustard oil. Put the fish pieces. Pour a bit of mustard oil and green chillies. Now, heat water in a deep-bottomed vessel. Put the aluminium container in the water

and cover it. Put something heavy on the lid. Water should not get inside the container. Cook for 1 hour or until the fish gets completely done. Remove from heat and serve.

HILSA FISH CURRY WITH NIGELLA SEEDS (KALO JEERA ILISH)

Ingredients

6 pieces hilsa fish
1 tsp kalo jeera (Nigella seeds)
2 tbsp mustard oil
2 tsp red chilli powder
1 tsp turmeric powder
¼ cup onion paste
3 green chillies
Salt to taste

Method

Cut and wash the fish thoroughly. Marinate the fish pieces with salt and a pinch of turmeric powder. Allow it to rest for 15-20 minutes. In a wok, add oil. Once the oil begins to smoke, add kalo jeera and roast on a low flame. Add onion paste and fry

until light brown. Add a little water and mix well. Add red chilli powder, turmeric powder, and salt. Cook for a few minutes or until oil floats on top. Now add 1 cup of water, the marinated fish pieces, and green chillies. Cover and allow to cook until the gravy reaches the desired consistency. Switch off the flame and allow it to rest.

Serve hot with khichuri or rice.

BONELESS ILISH

Ingredients

6 pieces ilish
¼ cup yoghurt
1 tbsp white vinegar
1 tsp red chilli powder
1 tsp turmeric powder
2 tbsp mustard oil
1 cup thinly sliced onions
2 tbsp fried onions
5-6 green onions
Salt to taste

Method

In a bowl, add yoghurt, vinegar, red chilli

