



Beyond fish curries

a celebration of Bihar's traditional fish recipes



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This fish recipe book is part of our commitment to enhance livelihoods, ensure easy access to aquatic food products, and improve the nutrition of the communities we work with. This initiative is part of the JEEViKA Special Purpose Vehicle for Agriculture Transformation (JSPVAT), under which we work across various agriculture-based value chains, with fisheries as a vital component. We are implementing the program with support from the Bill & Melinda Gates Foundation (BMGF) and technical assistance from MSC (MicroSave Consulting) and WorldFish.

We are delighted to present this recipe book as a valuable resource to promote the nutritional benefits of fish consumption and to preserve the rich culinary traditions of Bihar. By showcasing fish preparation methods adopted by various communities across the region, we aim to encourage nutritious diets, support the local economy, and enhance culinary skills within households. This initiative not only fulfills our objectives in aquaculture but also aligns with our commitment to empowering communities and promoting self-sufficiency.

Himanshu Sharma, I.A.S.

Chief Executive Officer, Bihar Rural Livelihood Promotion Society (JEEViKA)





I am delighted to introduce this fish recipe book as an essential resource for the people of Bihar. Fish is an excellent source of vital nutrients—including high-quality protein, vitamins, omega-3 fatty acids, and minerals—that are instrumental in physical and mental development. In communities grappling with malnutrition, incorporating nutrient-rich fish into daily diets can significantly improve health outcomes.

This recipe book preserves traditional fish preparation methods and highlights the exceptional nutritional benefits of consuming small fish, especially for pregnant and nursing women and young children. By expanding options for wholesome meals, we encourage families to explore these recipes and enrich their diets with essential nutrients.

We earnestly hope that the community embraces this book, recognizes the significant health benefits of fish consumption, and takes proactive steps toward a healthier future.

Apolenarius Purty

State Project Manager-Health and Nutrition, Bihar
Rural Livelihood Promotion Society (JEEViKA)





Livestock holds a special place in livelihood activities and is vital in boosting Bihar's rural economy. JEEViKA has been continuously working to promote livestock activities, particularly fisheries, among its targeted group members. JEEViKA provides women associated with these activities with technical training, financial assistance, and professional skills to pave their path toward self-reliance.

The fish recipe book is an integral part of this effort that will open doors to new opportunities for women involved in fish farming. This book preserves local and traditional fish recipes that are delicious and nutritious. It will help promote the benefits of fish farming among women and inspire them to share the health benefits of fish within their communities.

This book will serve as a significant step that raises awareness of fisheries, creates employment, and empowers women economically. The book will help women experiment with new practices in fish farming, become professionally competent, and contribute to strengthening Bihar's rural economy.

Dr. Rakesh Kumar Singh

State Project Manager-Livestock, Bihar Rural Livelihood Promotion Society (JEEViKA)



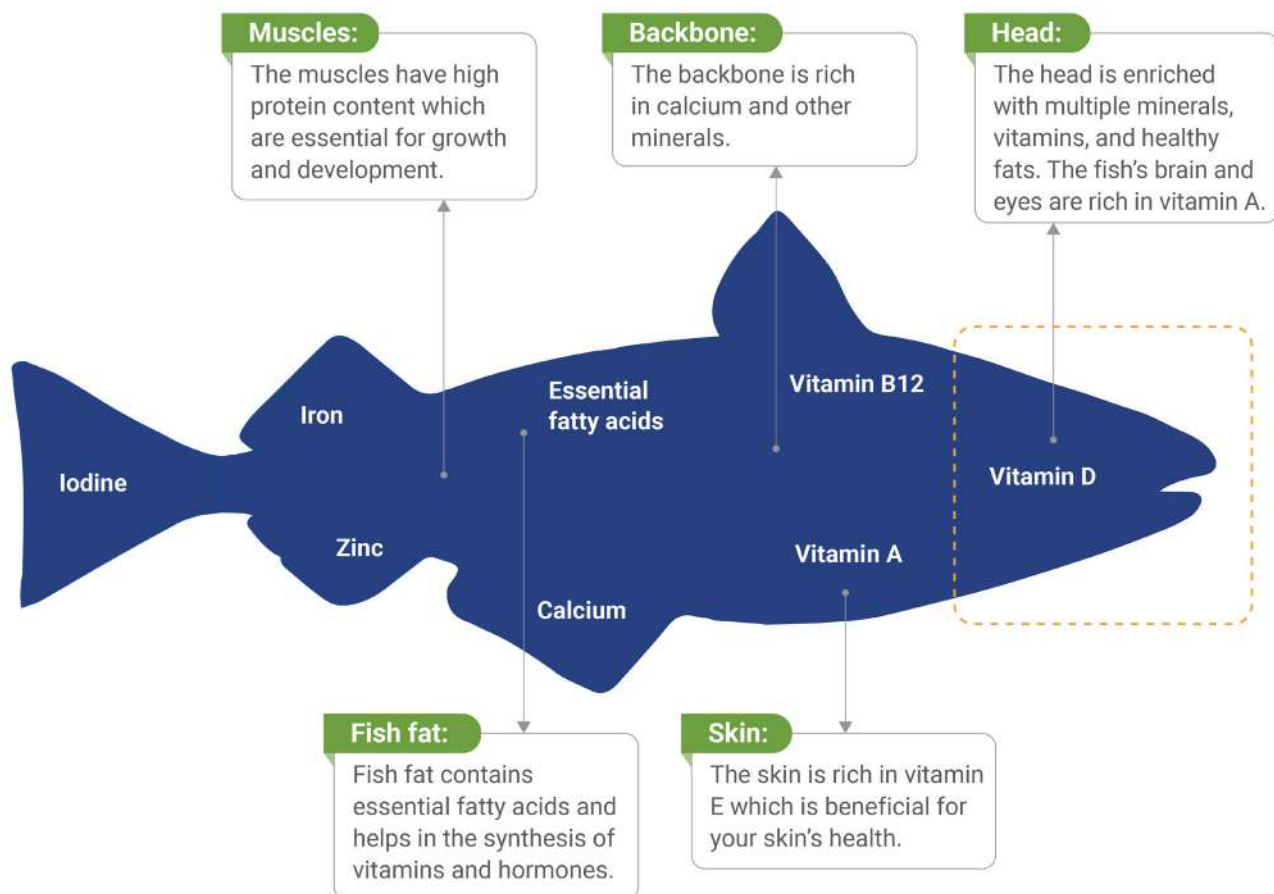
The recipes in this book bring together diverse and interesting fish preparation methods popular in the homes of Bihar's fishing communities. This book seeks to promote routine fish consumption in these communities through recipes that use locally available ingredients. These recipes are curated from training sessions conducted under the fisheries component of JSPVAT (JEEViKA Special Purpose Vehicle for Agricultural Transformation) project by MSC (MicroSave Consulting). Under this project, MSC focuses on improving livelihoods and nutrition, especially for women and children, within fishing communities. Through comprehensive training in select districts, the project empowers women to make informed dietary choices, emphasizing regular fish consumption to enhance nutrition.

The variety of fish-based recipes presented in this book shows the use of different types of fish, which reflects the nutritional knowledge, culinary traditions, and dietary needs of local communities. These recipes demonstrate the versatility and health benefits of fish while enhancing its nutritional value.



The nutritional importance of fish

Fish is rich in essential nutrients, including vitamins A, B12, D, and E, as well as minerals like zinc, iodine, iron, and calcium, and omega-3 fatty acids. It is particularly beneficial for pregnant and breastfeeding women, and young children. Consuming fish supports muscle and bone development, eye and dental health, and reduces the risk of cardiovascular diseases and hypertension.



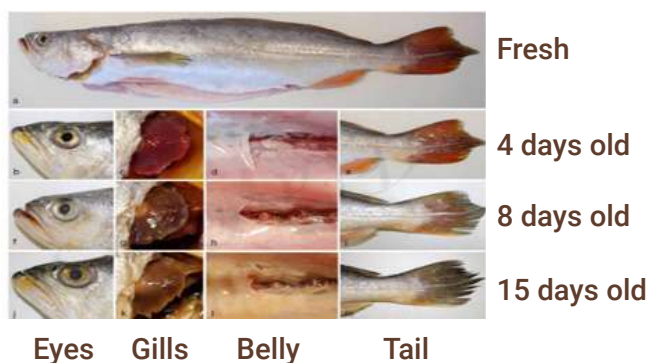
Importance of fish for women and children

Fish is a vital nutritional source for women and children, playing a significant role in children's cognitive and physical development. Rich in essential nutrients like omega-3 fatty acids, high-quality protein, vitamins (A, B12, D, E), and minerals (zinc, iodine, iron, calcium), fish consumption benefits memory, vision, and brain growth. It can help prevent issues such as preterm delivery and low birth weight. For pregnant and breastfeeding women, regular fish intake can ease pregnancy-related difficulties and support healthy, safe childbirth.



Ways to identify, clean, and store fresh fish

Identify fresh fish: Choose fish with clear, bright eyes, firm flesh, and a fresh smell. Avoid fish with soft flesh or a foul smell.



Remove scales and internal organs: Wash the fish under running water, remove the scales, and gut the fish using a knife.



Removal of scales



Removal of internal organs

Storage: Fresh fish can be stored in a refrigerator at 0 to 4 degrees Celsius (32 to 39 degrees Fahrenheit) for 2 to 3 days. To freeze, wrap the fish in plastic wrap or aluminum foil and store it in the freezer. In the absence of a refrigerator or freezer, buy fish only for immediate consumption.







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01

Fish powder



Total time
50-55 minutes



Serving size
8 to 10 children

Protein

High

Carbohydrates

Low

Fat

Low

Ingredients:



Small fish:
500 grams (*mola*, *pothia*,
or other small fish as
available)



Salt:
as per taste



Turmeric powder:
1 teaspoon



Optional spices:
black pepper powder,
cumin powder,
coriander powder



Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the small fish thoroughly and remove the internal organs. Wash with cold, clean water.
- Mix the fish with salt and turmeric powder. Add optional spices for additional flavour. Cover and let it sit for around 10-15 minutes.

Roast the fish (Time: 15-20 minutes): Heat an iron pan on medium heat. Once the pan is hot, add the marinated fish. Roast until the fish is crispy and golden brown on both sides, which should take about 15 to 20 minutes. Remove the roasted fish from the pan and allow it to cool completely.

Grind the fish (Time: 10-15 minutes): Once the fish is cool, grind it into a fine powder using a grinder or a mixer-grinder. Sift the powder through a fine sieve to ensure the powder does not have fish bones. The texture should resemble coriander powder.

Storage (Time: 5 minutes): Store the fish powder in a clean and dry container. Keep it in a cool, dry place, and it should last for at least 2 to 3 weeks if stored properly.

Serving suggestions: Fish powder can be added to vegetables and lentils or eaten with rice to enhance flavor and nutrition.





Fish *chokha* (mash)



Total time
35-50 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*mola*, *pothia*,
rohu, *katla*, *pangas*, or any
available fish)



Onion:
2 medium-sized



Green chili:
2 to 3



Garlic:
4 to 5 cloves



Mustard oil:
2 tablespoons



Fresh coriander
leaves:
25 grams



Turmeric
powder:
1 teaspoon



Salt:
as per taste



Optional:
lime juice, ½
teaspoon



Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Wash with cold, clean water.
- Mix the fish with salt and turmeric powder. Optional spices can be added for additional flavor. Cover and let it sit for around 10-15 minutes.
- Finely chop the onions, green chilies, garlic, and fresh coriander.

Cook the fish (Time: 15-20 minutes): Heat 1 tablespoon of mustard oil in a pan over medium heat. Add the marinated fish. Fry the fish until fully cooked and slightly crispy on

both sides, about 15-20 minutes. Remove the fried fish from the pan, let it cool, and then carefully mash it to remove any bones.

Prepare the *bharta* (mash) (Time: 5-10 minutes): In a large bowl, mix the mashed fish with chopped onions, green chilies, and garlic. Add the remaining mustard oil and chopped coriander leaves. Mix well and adjust the seasoning with salt or lime juice if desired.

Serving suggestions: Serve the fish *bharta* garnished with coriander leaves. It pairs well with roti, paratha, or rice.





03

Fish and eggplant (brinjal) curry



Total time
60-70 minutes



Serving size
3 to 4 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available
fish)



Eggplant:
2 medium-sized



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Ginger-garlic paste:
2 tablespoons



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon

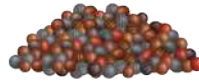




Coriander powder:
1 teaspoon



Garam masala powder:
1 teaspoon



Mustard seeds:
1 teaspoon



Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
3 tablespoons



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method:

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish and remove scales and internal organs. Cut the fish into pieces and wash with cold, clean water. Marinate with a little salt and turmeric powder, then set aside for 10-15 minutes.
- Finely chop the onions, green chilies, and garlic.
- Dice the eggplants into medium pieces. Soak in salt water for 10 minutes to prevent discoloration, then drain.

Cook the eggplant (Time: 10-15 minutes):

Heat one tablespoon of oil in a pan over medium heat. Add the diced eggplants and cook until soft. Set aside.

Fry the fish (Time: 10-15 minutes): In the same pan, add two more tablespoons of oil and heat. Add the marinated fish and fry until golden brown on both sides. Set the fried fish aside.

Temper the spices (Time: 5-7 minutes): Heat the oil in the pan and add mustard seeds and cumin seeds. Let them splutter, then add bay leaves and green chilies. Sauté briefly.

Add onions and prepare the curry base

(Time: 10-15 minutes): Add the chopped onions and sauté until golden brown. Add ginger-garlic paste and cook until the raw aroma disappears. Add chopped tomatoes and cook until soft. Add the turmeric powder, red chili powder, and coriander powder. Cook until the oil separates from the curry base. Add the cooked eggplant to the curry base and mix well. Cover and cook on low heat for 10 minutes, stirring occasionally, until the eggplant is fully cooked.

Add the fish (Time: 5-7 minutes): Carefully add the fried fish pieces to the pan, mix gently, and add a little water if needed. Cover and cook until the fish is tender.

Finishing touch (Time: 2-3 minutes):

Sprinkle garam masala powder and mix gently. Let it simmer for 2 to 3 minutes to blend the flavors.





04

Fish and pointed gourd (*parwal*) curry



Total time
60-70 minutes



Serving size
3 to 4 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available
fish)



Parwal (pointed
gourd):
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-
sized



Green chili:
2 to 3



Ginger-garlic paste:
2 tablespoons



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon

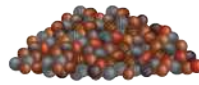




Coriander powder:
1 teaspoon



Garam masala powder:
1 teaspoon



Mustard seeds:
1 teaspoon



Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(mustard oil preferred)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly, remove scales and internal organs, and wash with cold, clean water. Cut the fish into pieces.
- In a bowl, mix the fish with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder. Set aside for at least 10-15 minutes.
- Wash, peel, and cut the *parwal* into long pieces.
- Finely chop the onions, tomatoes, and green chilies.

Fry the fish (Time: 10-15 minutes): Heat two tablespoons of oil in a pan over medium heat. Fry the fish pieces until golden brown, then remove and set aside.

Cook the *parwal* (Time: 10-12 minutes): In the same pan, add one more tablespoon of oil. Once hot, add the cut *parwal* pieces and fry until soft and golden. Remove and set aside.

Prepare the curry base (Time: 10-15 minutes): Add one more tablespoon of oil

to the pan. Once heated, add mustard seeds and cumin seeds and allow them to splutter. Add bay leaves and chopped green chilies. Then, add the chopped onions and sauté until golden brown. Add the ginger-garlic paste and cook until the raw aroma disappears. Then, add the chopped tomatoes and cook until they are soft and the oil separates from the mixture. Add the remaining turmeric powder, red chili powder, and coriander powder. Mix well and cook for 2 to 3 minutes.

Add the *parwal* (Time: 10-15 minutes): Add the fried *parwal* to the curry base and mix thoroughly. Add a little water if needed to prevent sticking. Cover and cook on low heat for about 10-15 minutes, until the *parwal* is fully cooked.

Mix the fish and *parwal* (Time: 5-7 minutes): Carefully add the fried fish to the pan with the *parwal* and curry base. Stir gently to avoid breaking the fish pieces. Add garam masala powder and salt to taste. Cook on low heat for 5 to 7 minutes to allow the flavors to mix.

Serving suggestion: Garnish with chopped fresh coriander leaves. Serve hot with rice or roti.





Fish and spinach curry



Total time
60-70 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available
fish)



Spinach:
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Garlic:
5 to 6 cloves



Ginger:
1-inch piece



Turmeric powder:
1 teaspoon





Red chili powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala powder:
1 teaspoon



Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(mustard oil preferred)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish and remove scales and internal organs. Cut the fish into pieces and then wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder. Set aside for 10-15 minutes.
- Thoroughly wash and finely chop the spinach leaves.
- Finely chop the onions, tomatoes, and green chilies.
- Grind the ginger and garlic to form a paste.

Fry the fish (Time: 10-15 minutes): Heat two tablespoons of oil in a pan over medium heat. Add the fish pieces and fry until golden brown on both sides. Remove from the pan and set aside.

Cook the spinach (Time: 10-15 minutes): In the same pan, add one more tablespoon of oil. Add cumin seeds and let them splutter.

Add bay leaves and green chilies. Add chopped onions and fry until golden brown. Add ginger-garlic paste and cook until the raw aroma disappears.

Prepare the curry base (Time: 10-15 minutes): Add chopped tomatoes to the pan and cook until they soften and the oil separates. Add the remaining turmeric powder, red chili powder, and coriander powder. Mix well and cook for 2 to 3 minutes.

Add the spinach (Time: 5-7 minutes): Add the chopped spinach to the curry base mixture and stir well. If necessary, add a little water to prevent sticking. Cover and cook for 5 to 7 minutes until the spinach is soft.

Mix the fish and spinach (Time: 5-7 minutes): Add the fried fish to the pan with the spinach mixture. Stir gently to avoid breaking the fish pieces. Sprinkle with garam masala powder and add salt to taste. Cook on low heat for 5 to 7 minutes to allow the flavors to develop.

Garnish and serve: Garnish with chopped coriander leaves. Serve hot with rice or roti.





06

Fish and ridge gourd (*turai* or *nenua*) curry



Total time
55-70 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available
fish)



Ridge gourd:
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Turmeric powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala
powder:
1 teaspoon





Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(preferably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder, then set aside for at least 10-15 minutes.
- Peel and cut the ridge gourd into medium pieces.
- Finely chop the onions, tomatoes, and green chillies.

Fry the fish (Time: 10-15 minutes): In a pan, heat two tablespoons of oil on medium heat. Add the marinated fish pieces and fry until golden brown on both sides. Remove from the pan and set aside.

Prepare the curry base (Time: 10-15 minutes): In the pan, add cumin seeds and let them splutter. Add bay leaves and green chillies, then add the chopped onions. Sauté until golden brown. Add the ginger-garlic paste (if available) and cook until golden. Add chopped tomatoes and cook until soft, until oil separates from the curry base. Add the remaining turmeric powder and coriander powder, then mix well and cook for another 2 to 3 minutes.

Add the ridge gourd (Time: 15-20 minutes):

Add the ridge gourd pieces to the curry base and mix well. Add a little water if needed to prevent sticking. Cover and cook for 15-20 minutes until the ridge gourd becomes tender.

Add the fish (Time: 5-7 minutes): Add the fried fish to the ridge gourd and curry base mixture. Stir gently to avoid breaking the fish. Add garam masala powder and salt to taste. Cook for another 5 to 7 minutes on low heat.

Serving suggestion: Garnish with chopped coriander leaves. Serve hot with rice or roti.





Fish and pumpkin (*kaddu*) or bottle gourd (*lauki*) curry



Total time
55-65 minutes



Serving size
2 to 3 people

Protein

High

Carbohydrates

Moderate

Fat

Moderate

Ingredients:



Fish:
500 grams (*rohu, katla, pangas*, or any available fish)



Pumpkin or
bottle gourd:
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon



Garam masala powder:
1 teaspoon





Fenugreek
seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(preferably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove the scales and internal organs. Cut into pieces if needed. Wash with cold, clean water.
- Marinate the fish pieces with turmeric powder, salt, and red chili powder. Set aside for 10-15 minutes.
- Peel and cut the pumpkin or bottle gourd into medium pieces.
- Finely chop onions, tomatoes, and green chillies.

Fry the fish (Time: 10-15 minutes): In a pan, heat 2 tablespoons of oil and fry the fish pieces until golden brown on both sides. Remove and set aside.

Prepare the curry base (Time: 10-15 minutes): Heat the pan on medium heat and add two tablespoons of oil. Add fenugreek seeds, bay leaves, green chillies, and onions to the oil. Cook until the onions are golden brown. Add chopped tomatoes and cook till they soften. Add turmeric and red chili powder. Stir well and cook until the oil separates from the curry base.

Add the pumpkin or bottle gourd (Time: 10-15 minutes): Mix the vegetable pieces with the curry base, cover, and cook until tender.

Add the fish (Time: 8-10 minutes): Add the fried fish to the mixture. Mix gently and add salt for taste. Add garam masala and cook for 5 to 7 minutes on low heat.

Serving suggestion: Garnish with coriander leaves. Serve hot with rice or roti.





Fish and soybean curry



Total time
55-65 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available
fish)



Soy chunks:
1 cup



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala
powder:
1 teaspoon





Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(preferably
mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut the fish into pieces if needed. Then wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder, then set aside for at least 10-15 minutes.
- In another bowl, soak soy chunks in warm water until soft, then drain.
- Finely chop onions, tomatoes, and green chillies.

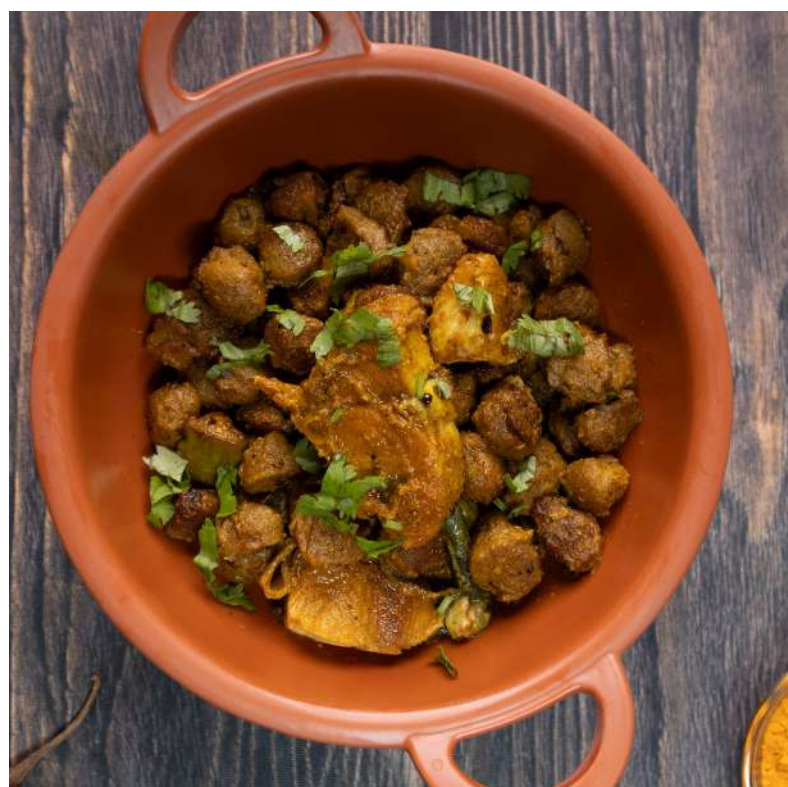
Fry the fish (Time: 10-15 minutes): In a pan, heat two tablespoons of oil on medium heat. Add the marinated fish pieces and fry until golden brown on both sides. Remove from the pan and set aside.

Prepare the curry base (Time: 10-15 minutes): In the same pan, add cumin seeds and let them splutter. Add bay leaves and green chillies, then add the chopped onions. Sauté until golden brown. Add ginger-garlic paste and cook until the raw aroma disappears. Add chopped tomatoes and cook until soft and oil separates from the curry base. Add the remaining turmeric powder, red

chili powder, and coriander powder. Mix well and cook for another 2 to 3 minutes. Add the softened soy chunks to the curry base and mix well to allow the flavors to blend.

Mix fish (Time: 5-7 minutes): Add the fried fish to the curry base mixture. Stir gently to avoid breaking the fish. Add salt to taste and add garam masala powder. Cook for another 5 to 7 minutes on low heat.

Serving suggestion: Garnish with coriander leaves. Serve hot with rice or roti.





09

Fish with lentils (*dal*)



Total time
1 hour 10-20 minutes



Serving size
2 to 3 people

Protein

High

Carbohydrates

Moderate

Fat

Moderate

Ingredients:



Fish:
500 grams (*mola*, *pothia*, or
other small fish)



Arhar dal (split
pigeon peas):
1 cup



Onion:
1 medium-sized



Tomato:
1 medium-sized



Garlic:
2 cloves



Ginger:
1-inch piece



Green chili:
2



Turmeric powder:
1 teaspoon



Cumin seeds:
1 teaspoon





Asafoetida:
¼ teaspoon



Oil:
2 tablespoons
(preferably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish



Water:
as needed

Preparation method

Prepare the ingredients (Time: 20-30 minutes)

- Clean the small fish thoroughly and remove scales and internal organs. Then wash with cold, clean water.
- In a bowl, marinate the fish with ½ teaspoon turmeric powder, salt, and a little red chili powder, then set aside for 10-15 minutes.
- Finely chop the onions, tomatoes, and green chilies. Grind the ginger and garlic to a paste.
- Wash the *dal* thoroughly and soak for 30 minutes, then drain.

Cook the *dal* (Time: 25-30 minutes): In a pot, add the soaked *dal* and 3 cups of water, turmeric powder, and salt. Bring to a boil and cook on low heat until soft (approximately 25-30 minutes), stirring occasionally.

Fry the fish (Time: 10-15 minutes): In a pan, heat the oil on medium heat, add the marinated fish, and fry until golden brown. Remove from the pan and set aside.

Prepare the curry base (Time: 10-15 minutes): In the same pan, add cumin seeds and allow them to splutter. Add asafoetida, then chopped onions. Sauté until the onions are golden brown. Add the ginger-garlic paste

and green chilies and cook until aromatic. Add chopped tomatoes and cook until soft and oil separates from the curry base. Add coriander powder and mix well.

Adding *dal* and fish (Time: 8-10 minutes):

Add the cooked *dal* to the pan and mix thoroughly. Add water as needed to reach the desired consistency and simmer for 5 minutes. Then add the fried fish and cook for another 5 to 7 minutes on low heat. Add salt to taste.

Serving suggestion: Garnish with fresh coriander leaves and serve hot with rice or roti.





10

Fish biryani



Total time

1 hour 15 minutes -
1 hour 40 minutes



Serving size

2 to 3 people

Protein

High

Carbohydrates

High

Fat

High

Ingredients:

For the fish:



Fish:

500 grams (*rohu, katla, pangas*, or other available fish)



Turmeric powder:

1 teaspoon



Red chili powder:

1 teaspoon



Garam masala:

1 teaspoon



Lime juice:

1 tablespoon



Salt:

as per taste



For the rice:



Basmati rice:
2 cups



Water:
4 cups



Bay leaf:
1



Cloves:
4 to 5



Green cardamom:
4 to 5



Cinnamon:
1 stick



Salt:
as per taste

For the biryani:



Onion:
2 medium-sized



Tomato:
1 medium-sized



Curd:
1 cup



Green chili:
2



Garlic:
3 to 4 cloves



Ginger:
2-inch piece



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala:
1 teaspoon



Fresh coriander
leaves:
 $\frac{1}{4}$ cup, chopped



Ghee:
3 tablespoons



Finely sliced
fried onions:
2 tablespoons
(for garnish)



Preparation method

Prepare the ingredients (Time: 15-20 minutes)

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed and wash with cold, clean water.
- In a bowl, mix turmeric powder, red chili powder, garam masala, lime juice, and salt. Coat the fish pieces with this mixture and set aside for at least 15 minutes. Rinse the rice thoroughly.
- Finely chop onions, tomatoes, and ½ of the ginger.
- Make a paste of the remaining ginger and garlic.

Cook the rice (Time: 15-20 minutes): In a large pot, boil 4 cups of water. Add bay leaf, cloves, cardamom, cinnamon, and a pinch of salt. Add the washed rice to the boiling water and cook until 70-80% done. Drain and set aside.

Fry the fish (Time: 10-15 minutes): In a pan, heat 2 tablespoons of ghee on medium heat. Add the marinated fish and fry on both sides until golden brown. Remove and set aside.

Prepare the biryani base (Time: 10-15 minutes)

In the same pan, add the remaining ghee. Add the finely chopped onions and sauté until golden brown. Add ginger-garlic paste and green chilies and cook until aromatic. Add chopped tomatoes and cook until soft, then add turmeric powder, red chili powder, coriander powder, and garam masala. Mix well and add curd. Cook for 5 minutes. Add chopped fresh coriander leaves.

Layer the biryani (Time: 5-7 minutes): In a large pot, spread a layer of cooked rice. Add a layer of the biryani base and fried fish, then top with a layer of rice. Repeat the layers until all ingredients are used.

Steaming (Time: 25-30 minutes): Cover the pot tightly. If the lid does not fit well, seal with dough or aluminum foil. Steam on low heat for 25-30 minutes.

Garnishing and serving: After the biryani is steamed, uncover the pot and fluff the rice gently. Garnish with fried onions. Serve hot with raita or salad.







Fish pickle



Total time
1 hour 15-35 minutes



Serving size
15 to 20 people

Protein

High

Carbohydrates

Low

Fat

High

Ingredients:



Fish:
1 kg (*mola*, *pothia*, or
other small fish as
available)



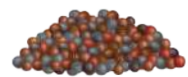
Oil:
500 grams



Garlic:
50 grams



Ginger:
50 grams



Mustard
seeds:
20 grams



Red chili powder:
100 grams



Turmeric
powder:
50 grams



Salt:
as per taste



Black pepper
powder:
50 grams



Vinegar:
250 ml



Preparation method

Prepare the fish (Time: 15-20 minutes)

- Clean the small fish thoroughly and remove scales and internal organs. Then wash with cold, clean water.
- In a bowl, mix the fish with ½ teaspoon turmeric powder, salt, and a little red chili powder. Set aside for 10-15 minutes.
- Chop ½ of the garlic and ginger. Mince the remaining garlic and ginger.

Fry the fish (Time: 15-20 minutes): In a pan, heat oil on medium heat. Fry the marinated fish until golden and slightly crispy. Remove from the oil and set aside.

Prepare the pickle base (Time: 10-15 minutes): In the same oil, add mustard seeds and allow them to splutter. Add the chopped garlic and ginger and sauté until aromatic. Add red chili powder and cook briefly and fried fish in the base.

Add vinegar and spices (Time: 8-10 minutes): Add the ginger-garlic paste and black pepper powder, and cook until fragrant. Pour in vinegar and mix thoroughly.

Cool and store (Time: 25-30 minutes): Allow the mixture to cool completely. Transfer to a clean and dry glass jar for storage.

Storage suggestion: Store the fish pickle in a cool, dark place for the flavors to develop. The pickle thickens and tastes better over time.





12

Spicy fish curry



Total time
50-60 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or other available
fish)



Onion:
2 medium-sized



Tomato:
1 medium-sized



Turmeric powder:
3 teaspoons



Red chili
powder:
2 teaspoons



Garlic:
10 cloves



Green chili:
2



Cumin seeds:
1 teaspoon





Black pepper:
8-10



Whole red chili:
2



Bay leaves:
2



Garam masala:
1 teaspoon



Oil:
1 tablespoon
(preferably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes)

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Then wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder. Set aside for 10-15 minutes.
- Finely chop onions and tomatoes.

Grind the ingredients to make a spice paste (Time: 10 -15 minutes): Use grindstones to make a spice paste with garlic, green chili, black pepper, cumin seeds, whole red chili, turmeric, and chopped tomatoes.

Fry the fish (Time: 10-15 minutes): In a pan, heat oil on medium heat and fry the fish until golden brown on both sides. Remove from the pan and set aside.

Prepare the curry base (Time: 10-15 minutes): In the same pan, add bay leaves

and the spice paste. Add salt to taste and sauté. Add chopped onions and cook until golden brown. Add the fried fish to the curry base. Add a little water if necessary. Stir gently and cook for 5 to 10 minutes.

Season and finish (Time: 5-7 minutes): Add salt if needed and add garam masala. Cook for another 5 to 7 minutes on low heat.

Garnish and serve: Garnish with chopped fresh coriander leaves. Serve hot with rice.





13

Fish fry



Total time
30-45 minutes



Serving size
2 to 3 people

Protein

Moderate

Carbohydrates

Low

Fat

High

Ingredients:



Fish:
500 grams (*rohu*, *katla*, *pan-gas*, or any available fish)



Mustard paste:
3 tablespoons



Garlic paste:
2 teaspoons



Mustard oil:
3 tablespoons



Turmeric powder:
2 teaspoons



Red chili powder:
1 teaspoon



Fresh coriander leaves:
Chopped for garnishing



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Then wash with cold, clean water.
- In a bowl, mix the fish pieces with mustard paste, garlic paste, turmeric powder, salt, and red chili powder. Set aside for at least 10-15 minutes.

Fry the fish (10-15 minutes): Heat mustard oil in a pan over medium heat. Carefully add the fish pieces to the hot oil. Fry until the fish turns golden and crispy on both sides.

Garnish and serve: Remove the fish from the pan and place it on a plate. Garnish with chopped coriander leaves. Serve with green chutney and onions.





14

Fish paratha



Total time
60-75 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



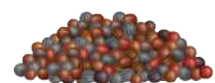
Fish:
500 grams (*rohu*, *katla*,
pangas, or any available fish)



Wheat flour:
2 cups



Onion:
1 medium-sized



Mustard seeds:
10 grams



Turmeric powder:
1 teaspoon



Red chili powder:
1 teaspoon



Fresh coriander
leaves:
25 grams



Salt:
as per taste



Ghee:
for frying



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Then wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder. Set aside for at least 10-15 minutes.
- Finely chop the onion and green chili.
- Chop fresh coriander leaves.

Fry the fish (10-15 minutes): Heat 2 tablespoons of ghee in a pan over medium heat. Add the fish and fry for 5 to 7 minutes on each side until fully cooked and lightly golden. Remove the fish pieces from the pan and deb1 them carefully.

Prepare the fish filling for paratha (15-20 minutes): In the same pan, add more ghee if needed. Add mustard seeds and let them splutter. Add ginger-garlic paste and cook till the raw aroma disappears. Add finely chopped onions and sauté until the onions turn golden brown. Add turmeric powder, red chili powder, and salt, mix well, and cook for another 2 minutes. Add the fried and deboned fish, and mix it thoroughly with the spices. Add fresh coriander leaves and cook for another 3 to 4 minutes, stirring well to incorporate the mixture. Add a little ghee or oil if the fish filling is too dry and let it cool.

Prepare the dough (10 minutes): In a mixing bowl, add the wheat flour and a pinch of salt. Gradually add water and knead until the dough is soft and pliable. Cover the dough with a damp cloth and let it rest for 10 minutes.

Stuff and roll the parathas (10-15 minutes):

Divide the dough into small balls. Roll each ball into a small flat circle. Place a spoonful of fish filling in the center. Fold the edges to seal the filling. Gently roll out the filled dough into a paratha.

Fry the parathas (15-20 minutes): Heat a griddle over medium heat. Place the paratha on the griddle and cook for 1 to 2 minutes until bubbles start to appear. Flip and apply ghee or butter on the cooked side. Fry both sides until golden brown and crisp. Repeat with the remaining dough and filling.

Serving suggestions: Serve the fish parathas hot with chutney, pickle, or yogurt. Roasted fish powder can be used as the filling instead of fried fish mash.





15

Steamed small fish pockets



Total time
1 hour 20-40 minutes



Serving size
2 to 3 people

Protein

High

Carbohydrates

Low

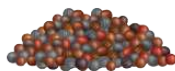
Fat

Moderate

Ingredients:



Fish:
300 grams (*mola*, *pothia*, or
any small fish as available)



Mustard seeds:
3 tablespoons



Turmeric powder:
1 teaspoon



Red chili powder:
 $\frac{1}{4}$ teaspoon



Green chili:
5 to 6



Mustard oil:
1 tablespoon



Salt:
as per taste



Fresh coriander
leaves:
For garnish



Banana leaves:
for wrapping



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Then wash with cold, clean water.
- Finely chop the green chilies and fresh coriander leaves. Grind the mustard seeds into a paste.

Prepare the spice mix (15-20 minutes): In a large bowl, mix the mustard paste, turmeric powder, red chili powder, chopped green chilies, mustard oil, and salt. Add the cleaned fish and coat it well in the spice mix. Let it sit for 20 minutes to allow the flavors to blend.

Prepare the banana leaves (10-15 minutes): Wash the banana leaves and dry them. Lightly heat the banana leaves over a flame or in a hot pan for a few seconds until they become soft and pliable. Cut the banana leaves into large square pieces (about 12x12 inches).

Make the fish pockets (10-15 minutes):

Place the marinated fish in the center of each banana leaf square. Fold the banana leaf over the fish to make a secure pocket. Ensure the edges are tightly sealed so the mixture does not leak. Use thin sticks or toothpicks to hold the folds in place if needed.

Steam the fish pockets (20-25 minutes):

Fill a steamer or idli pot with water and bring it to a boil. Arrange the fish pockets in a single layer in the steamer basket. Cover and steam for 20-25 minutes, or until the fish is fully cooked and tender. Open one pocket to check if done.

Garnish and serve: Carefully remove the steamed fish pockets from the steamer or idli pot. Serve the hot pockets with rice.





Fish in mustard paste



Total time
45-60 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



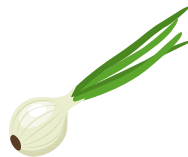
Ingredients:



Fish:
300 grams (*Rohu*,
Katla, *Pangas*, or any
available fish)



Onion:
2 medium-
sized



Green onions:
2 medium-
sized



Tomato:
1 medium-
sized



Turmeric
powder:
1/3 teaspoon



Red chili powder:
1/3 teaspoon



Panch phoran
(5 spice mix):
½ teaspoon



Mustard oil:
3 tablespoons



Salt:
as per taste



Fresh coriander
leaves:
for garnish



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut the fish into pieces and rinse with cold clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ a teaspoon of turmeric powder, salt, and a little red chili powder. Set it aside for at least 10-15 minutes.
- Finely chop the onions and tomato.

Prepare the mustard paste (10-15 minutes):

Grind mustard seeds, dry red chili, and garlic cloves into a fine paste using grindstones or a mixer-grinder. Add 1/4 cup of water to make a smooth paste and set aside.

Fry the fish (10-15 minutes): Heat 2 tablespoons of mustard oil in a pan over medium heat. Fry the marinated fish pieces until golden on both sides. Remove from the pan and set aside.

Prepare the curry base (10-15 minutes):

In the same pan, add 1 tablespoon of mustard oil. Add panch phoron and let it crackle. Then add chopped onions and dry red chili. Sauté until the onions turn golden brown. Add the chopped tomato and cook until it softens. Then add chopped green onions and cook on low heat for 2 minutes. Add the mustard paste, mix well, and cook on low heat for 5 to 7 minutes.

Mix fish and mustard paste (8-10 minutes):

Add the fried fish to the pan and mix well. Cook on low heat for 5 to 7 minutes to allow the flavors to blend. Add water if needed, and add salt to taste.

Serving suggestion: Garnish with chopped fresh coriander leaves. Serve hot with rice or roti.





Egg-fish scramble (bhurji)

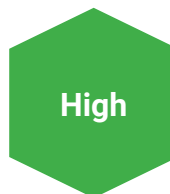


Total time
35-45 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish: 200 grams (*rohu*,
katla, *pangas*, or any other
available fish)



Eggs:
2



Onion:
1



Green chili:
1



Turmeric powder:
1/4 teaspoon



Red chili
powder:
1/4 teaspoon



Garam masala:
1/2 teaspoon



Mustard oil:
1 tablespoon



Salt:
as per taste



Fresh coriander
leaves:
25 grams



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed and rinse with cold clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ a teaspoon of turmeric powder, salt, and a little red chili powder. Set aside for at least 10-15 minutes.
- Finely chop the onion and green chili.
- Chop the fresh coriander leaves.

Cook and deb1 the fish (10-15 minutes):

Heat 1 tablespoon of mustard oil in a pan. Fry the marinated fish until fully cooked on both sides. Remove from the pan, let the fish pieces cool, and then gently mash the fish. Carefully deb1 the mashed fish.

Prepare the bhurji (8-10 minutes): In the same pan, add the finely chopped onion and garlic. Sauté until the onion turns golden brown. Add the chopped green chili. Add turmeric powder, red chili powder, and salt. Mix well and cook for 2 minutes.

Mix egg and fish (3-5 minutes): In a bowl, beat the eggs. Pour the bea10 eggs into the pan, stirring constantly. When the eggs are $\frac{1}{2}$ -cooked, add the fried fish. Stir and cook until the eggs are fully cooked and mixed well with the fish.

Add garam masala and coriander (2 minutes): Add garam masala and fresh coriander leaves. Mix well and cook for 1 to 2 minutes.

Serving suggestion: Serve the hot egg-fish bhurji with roti or paratha.





18

Fish *dal khichdi*



Total time
55-65 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Small fish:
200 grams (*mola*, *pothia*,
or any other available
small fish)



Rice:
1 cup



Moong dal:
1/2 cup



Onion:
1 medium-sized



Tomato:
1 medium-sized



Garlic:
2 cloves



Green chilies:
2



Cumin seeds:
1 teaspoon



Turmeric
powder:
1/2 teaspoon



Garam masala:
1/2 teaspoon





Asafetida
(hing):
1/4 teaspoon



Ghee:
2 tablespoons



Salt:
as per taste



Fresh coriander
leaves:
25 grams

Preparation method

Prepare the ingredients (15-20 minutes):

- Rinse the *moong dal* and rice 2 to 3 times in cold water and set aside to soak.
- Clean the small fish thoroughly, remove scales and internal organs, and rinse with cold clean water.
- In a bowl, mix the fish with ½ a teaspoon of turmeric powder, salt, and a little red chili powder. Set aside for at least 10-15 minutes.
- Finely chop the onion, tomato, green chilies, garlic and coriander leaves.

Fry the fish (10-15 minutes): Heat 1 tablespoon of oil in a pan over medium heat. Fry the fish until fully cooked and slightly golden. Remove the fish from the pan and set aside. Remove any bones if necessary.

Prepare the curry base (10-12 minutes): In the same pan, add the remaining tablespoon of oil. Add cumin seeds and let them splutter. Add asafetida and sauté for 30 seconds. Then add finely chopped onion and garlic. Sauté until the onions turn golden brown. Add chopped tomato and green chilies. Cook until the tomato softens and oil separates from the curry base.

Cook dal and rice (20-25 minutes): In a pot, mix the prepared curry base with the rinsed *moong dal* and rice. Add turmeric powder, garam masala, and salt. Mix well. Add 4 cups of water to the pot and bring the mixture to a boil. Cook for 20-25 minutes until the *dal* and rice are soft. Add the fried fish to the mixture and stir well. Cover and simmer on low heat for 10 minutes until the fish, *dal*, and rice are well mixed and all the water is absorbed.

Garnish with coriander (2 minutes): After cooking, add fresh coriander leaves and mix well.

Serving suggestion: Serve hot fish *dal khichdi* with ghee.





19

Fish chutney



Total time
35-50 minutes



Serving size
2 to 3 people

Protein

High

Carbohydrates

Low

Fat

Low

Ingredients:



Small fish:
500 grams (*mola, pothia*,
or other small fish as
available)



Salt:
as per taste



Turmeric
powder:
1 teaspoon



Mustard oil:
2 tablespoons



Garlic:
3 cloves



Ginger:
1-inch piece



Green chili:
2



Lime juice:
 $\frac{1}{2}$ teaspoon



Fresh coriander
leaves:
for garnish



Optional:
black pepper
powder, cumin
powder



Preparation method

Prepare the ingredients (15-20 minutes):

- Clean the small fish thoroughly. Remove and discard the internal organs. Wash the fish with cold, clean water.
- Mix the fish with salt and turmeric powder. Optional spices can be added for extra flavor. Cover and let it sit for around 10-15 minutes.
- Finely chop the ginger, garlic, green chilies, and fresh coriander leaves.

Fry the fish (10-15 minutes): Heat a pan on medium heat and add mustard oil. Once the oil is hot, add the marinated fish. Fry until the fish is golden brown, which should take about 10-15 minutes. Remove the fried fish from the pan and allow it to cool completely.

Grind the fish (10-15 minutes):

Use grindstones or a mixer-grinder to grind the fish. Add the chopped ginger, garlic, and green chilies, and mix well. Add the chopped fresh coriander leaves and squeeze lime juice over it. Mix again thoroughly.

Serving suggestions: Fish chutney can be enjoyed with roti or rice.





20

Fish and *kathal* (jackfruit) curry

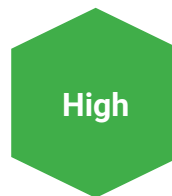


Total time
65-75 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu*, *katla*,
pangas, or any available fish)



Raw jackfruit:
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3 chilies



Garlic:
5 to 6 cloves



Ginger:
1-inch piece



Turmeric powder:
1 teaspoon





Red chili powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala
powder:
1 teaspoon



Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons (pref-
erably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Wash with cold, clean water.
- In a bowl, mix the fish pieces with $\frac{1}{2}$ teaspoon turmeric powder, salt, and a little red chili powder, then set aside for at least 10-15 minutes.
- Peel and cut the raw jackfruit into medium pieces. Apply oil to your hands and knife to prevent sticking.
- Finely chop the onions, tomatoes, and green chilies.
- Prepare a ginger-garlic paste.

Boil the jackfruit (Time: 10-15 minutes): In a large pot, boil water and add the jackfruit pieces. Cook until tender (about 10-15 minutes), then drain and set aside.

Fry the jackfruit (Time: 8-10 minutes): Heat two tablespoons of oil in a pan over medium heat and fry the jackfruit until golden brown. Remove from the pan and set aside.

Fry the fish (Time: 10-15 minutes): In the same pan, heat two more tablespoons of oil.

Add the marinated fish pieces and fry until golden brown on both sides. Remove from the pan and set aside.

Prepare the curry base (Time: 10-15 minutes):

In the pan, add cumin seeds to the oil and let them splutter. Add bay leaves and green chilies, then add the chopped onions. Sauté until golden brown. Add the ginger-garlic paste and cook until the raw aroma disappears. Add chopped tomatoes and cook until soft and oil separates from the curry base. Add the remaining turmeric powder, red chili powder, and coriander powder. Mix well and cook for another 2 to 3 minutes.

Add the jackfruit (Time: 10 minutes): Add the fried jackfruit pieces to the curry base and mix well. If necessary, add a little water to prevent sticking. Cover and cook for 10 minutes to allow the flavors to blend.

Add the fish (Time: 5-7 minutes): Add the fried fish to the jackfruit and curry base mixture. Stir gently to avoid breaking the fish. Add garam masala powder and salt to taste. Cook for another 5 to 7 minutes on low heat.

Serving suggestion: Garnish with chopped coriander leaves. Serve hot with rice or roti.





21

Fish and potato curry



Total time
55-70 minutes



Serving size
2 to 3 people

Protein



Carbohydrates



Fat



Ingredients:



Fish:
500 grams (*rohu, katla, pangas*, or any available fish)



Potatoes:
250 grams



Onion:
2 medium-sized



Tomato:
1 medium-sized



Green chili:
2 to 3



Ginger:
1-inch piece



Garlic:
6 to 7 cloves



Turmeric powder:
1 teaspoon





Red chili powder:
1 teaspoon



Coriander powder:
1 teaspoon



Garam masala powder:
1 teaspoon



Cumin seeds:
1 teaspoon



Bay leaves:
2



Oil:
4 tablespoons
(preferably mustard oil)



Salt:
as per taste



Fresh coriander
leaves:
for garnish

Preparation method

Prepare the ingredients (Time: 15-20 minutes):

- Clean the fish thoroughly and remove scales and internal organs. Cut into pieces if needed. Wash with cold, clean water.
- Marinate the fish pieces with ½ teaspoon turmeric powder, salt, and a little red chili powder. Set them aside for 10-15 minutes.
- Peel and cut the potatoes into medium pieces.
- Finely chop onions, tomatoes, and green chilies
- Grind the ginger and garlic to make a paste.

Fry the fish (Time: 10-15 minutes): In a pan, heat 2 tablespoons of oil over medium heat and fry the fish until golden brown. Remove and set aside.

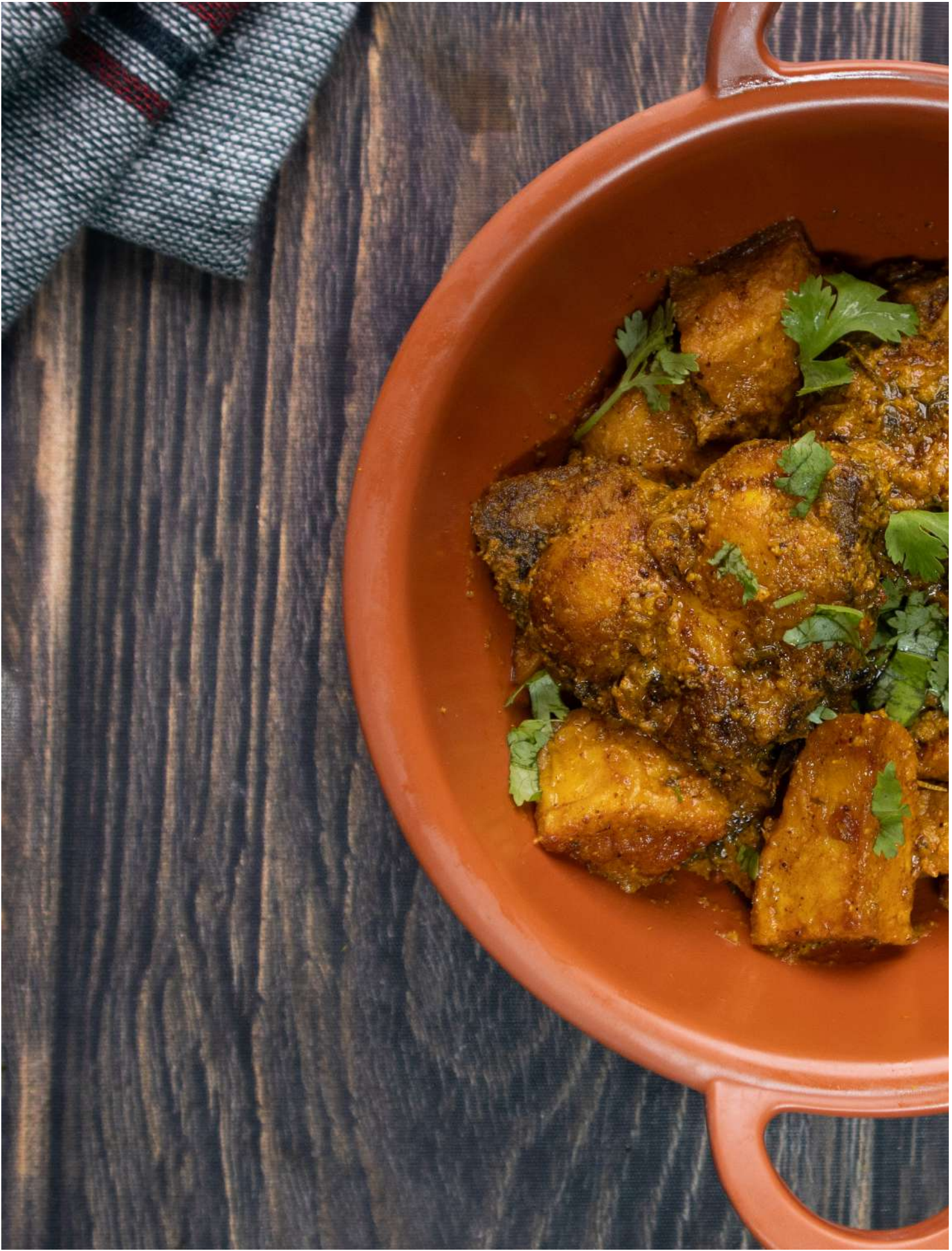
Prepare the curry base (Time: 10-15 minutes): In the same pan, add two tablespoons of oil and add cumin seeds to

the pan and let them splutter. Add bay leaves, green chilies, and onions. Sauté until the onions are golden brown. Add ginger-garlic paste and cook till the raw aroma disappears. Add tomatoes and cook until oil separates. Add potato pieces to the curry base and mix well. Add water as needed. Cover and cook for 10-15 minutes till potatoes soften. Add the remaining turmeric, red chili, and coriander powder, and cook for 2 to 3 minutes.

Add the fish (Time: 5-10 minutes): Add fried fish and mix gently to avoid breaking. Add garam masala powder and add salt to taste. Cook for 5 to 7 minutes on low heat.

Garnishing and serving: Garnish with chopped coriander leaves. Serve hot with rice or roti.







Notes

