

Bengali Fish Curry

Also Known As

Course	Yield	Type of Food	Main Ingredient
Entrée	4 servings	Fish	Fish
Comments			

Prep Time 20 minutes

Cooking Time 25 minutes

Ethnic Origin Indian

Pre-Heat? Yes

Temperature

Grease Pan? Yes

Measure	Ingredient	Measure	Ingredient
4 filets	carp or striped bass		
2 Tbs.	mustard seeds yellow		
2	jalepenos		
.5 tsp.	panch phoran (mustard seeds, fenugreek seeds, cumin seeds, fennel seeds, nigella seeds) I prefer it slightly crushed		
.5 tsp.	turmeric powder salt to taste		
2 Tbs.	vegetable or olive oil		
.5 cup	water		
1 Tbs.	finely chopped cilantro		

Instructions

Apply salt and 1/4 tsp of the turmeric to the fish.
Now heat oil in a non stick pan and fry the fish carefully till golden on both sides.
Remove the fish and set aside.
In a blender , make a paste of the mustard seeds, the jalapenos and 1/2 cup water .
It will take 3-4 mins to make this paste as the mustard seeds are tough to grind.
In the remaining oil add the panch phoran and then add the mustard paste.
Cook for 4-5 mins and then add the fish, turmeric and salt.
Adjust the water if needed.
Cook for 10 mins till done, and garnish with cilantro.