

Recipe Name: And fish soup recipe - Bengali fish curry
Diet Type:
Course: Lunch
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 Aar Maach (fish) - (rohu or katla)	2
• 1 Tomato	
• 1 Bay leaf (tej patta)	
• 2 tablespoons Ginger Garlic Paste	
• 3 Green Chillies	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Mustard oil - as required	
• Salt - to taste	
• Water - as required	
• Coriander (Dhania) Leaves - Few sprigs	

Preparation

- To begin making the Aar Macher Jhol Recipe, wash and clean fish pieces twice with water.
- Ensure they are properly cleaned.
- Add salt and turmeric powder to the cleaned fish pieces.
- Marinate it and set aside.
- Leave the fish marination for about 2 hours.
- In a h.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	35	20	25	2	5