

Recipe Name: Assamese Narasingh Masor Jhol Recipe
(Fish In Curry Leaves Gravy)

Diet Type:

Course: Side Dish

Cuisine: Assamese

Quantity:



Ingredients

Ingredient	Quantity
• 4 Sardine fish - or carps	4
• Curry leaves - 1 bunch	
• 4 Garlic	
• 2 Green Chillies - (adjust)	
• 1 tablespoon Whole Black Peppercorns - ground roughly	
• 1 teaspoon Turmeric powder (Haldi)	
• 3 Dry Red Chilli - (adjust)	
• 1 tablespoon Mustard oil	
• Lukewarm Water - as needed	

Preparation

- To begin making Assamese Narasingh Masor Jhol Recipe (Fish In Curry Leaves Gravy), clean the fishes, their stomach and remove gills.
- Halve them if you have selected a little bigger fish like sardine.
- Marinate the sardines in turmeric and salt.
- (or any fish you have selected) Smear the mustard oil on a shallow fry pan and heat, on a medium heat till it is close to its smoking point (till the fumes arise from oil).
- You can also use a lid to close the pan and hence retain the moisture within the pan, but you should keep checking and sauteing as required, just to be sure.
- Shallow fry the fishes on pan and once they are all cooked and tender, switch off heat.
- In a mixer grinder, grind curry leaves, pepper and a green chilli till a smooth paste, by adding a little water.
- In a kadai, heat a little mustard oil and once the oil is hot, add dry red chillies and crushed garlic.
- Add the curry leaves paste and saute.



- See at all times that the gravy does not get burnt.
- Add a pinch of turmeric powder and salt to taste.
- After mixing thoroughly, check for spices and adjust.
- Add 1/2 cup of warm water and cover cook for 2 to 3 minutes on medium flame.
- When the spices gets very well mixed together, add the fishes and simmer for 5 minutes in the gravy on a low heat, untill the spices get seeped inside the fishes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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