

Recipe Name: Bengali Style Hilsa Fish In Poppy Seeds & Yogurt Curry Recipe

Diet Type:

Course: Side Dish

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Hilsa Fish	3
• 3 tablespoon Mustard oil	
• 1/4 teaspoon Kalonji (Onion Nigella Seeds)	
• 1/2 tablespoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 3 tablespoon Curd (Dahi / Yogurt)	
• 1/2 cup Water	
• 1/2 tablespoon Poppy seeds - ground	
• 1/2 tablespoon Kasundi mustard sauce	
• 5 Green Chillies - slit (adjust to taste)	
• Salt - to taste	

Preparation

- To begin making Bengali Style Hilsa Fish In Poppy Seeds & Yogurt Curry Recipe, first using a sharp knife, cut the hilsa into slices and clean.
- Marinate the fish pieces with salt in a mixing bowl and keep covered for about ten minutes.
- Also prepare the poppy seeds paste and mustard paste by using a blender/mixer, with about a tablespoon or two of water.
- In another mixing bowl, mix together red chilli powder, turmeric powder, yogurt, poppy paste, yellow mustard paste, curd, salt and water to make a paste.
- Meanwhile in a kadai, heat the mustard oil on a low flame.
- Once hot, add green chillies and nigella seeds for tempering, keep tossing for about a minute or till done.
- Place the hilsa fish on a cast iron frying/grilling pan on a medium-low heat, and pour the sauce mixture on top of fish to coat completely and cover the bottom of the pan.
- Check the salt and adjust to suit your taste, check if the fish is tender and cooked well.



- Once it is cooked well, switch off and serve.

Macronutrients

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

