

Recipe Name: Bengali style fish in tomato gravy
Diet Type:
Course: Dinner
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 600 grams Aar Maach (fish) - rohu/ katla fish (cut into thick steaks)	2
• 1 Tomato - finely chopped	
• 2 Bay leaves (tej patta)	
• 1-1/2 tablespoons Ginger - paste	
• 4 Green Chillies - coarsely crushed	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Coriander Powder (Dhania)	
• Salt - to taste	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 Green Chillies - slit lengthwise	
• Mustard oil - as required	
• 1-1/4 cups Water - add 2 cups if you like a loose gravy	
• Sugar - a pinch (optional)	
• 1 tablespoon Coriander (Dhania) Leaves - optional	

Preparation

- To begin making the Aar Macher Jhol Recipe, firstly marinate the fish with salt and turmeric powder.
- Heat oil in a wok and shallow fry the fish on both sides till they turn crispy and golden.
- Remove and keep aside.
- Into the same wok, add bay leaves and cumi.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	37	20	24	4	6