DietCloud – Recipe

Recipe Name: Bengali style fish in tomato gravy

Diet Type:

Course: Dinner

Cuisine: Bengali Recipes

Quantity:



Description

This Bengali style fish in tomato gravy is a comforting and aromatic curry featuring tender fish steaks, typically Rohu or Katla, simmered in a vibrant, tangy tomato-based sauce. The dish is beautifully spiced with ginger, cumin, and coriander, and brightened with fresh green chilies. It's a classic preparation that is best served hot with steamed rice.
[PROS]
- Excellent source of lean protein from fish, essential for muscle repair and growth.
- Rich in Omega-3 fatty acids from the fish, beneficial for heart and brain health.
- Tomatoes provide antioxidants like lycopene and are a good source of Vitamin C and K.
- Ginger and other spices offer anti-inflammatory properties and aid digestion.
[CONS]
- Frying the fish in mustard oil increases the calorie and fat content, though mustard oil has its own benefits.
- The use of green chilies might make the dish too spicy for individuals with low spice tolerance.
- Care should be taken with salt levels, as excessive sodium intake can be a concern for some.
[DIETITIAN REVIEW]
This Bengali fish curry offers a balanced nutritional profile with high-quality protein, essential fatty acids, and a good dose of vitamins and antioxidants from vegetables and spices. While frying adds calories, the overall dish is wholesome and nutrient-dense. Score: 8/10

Ingredients

Ingredient	Quantity
• Aar Maach (fish) - rohu/ katla fish (cut into thick steaks)	600 grams
• Tomato - finely chopped	1
• Bay leaves (tej patta)	2
• Ginger - paste	1-1/2 tablespoons
• Green Chillies - coarsely crushed	4
• Cumin powder (Jeera)	1 teaspoon
• Coriander Powder (Dhania)	1 teaspoon

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• Salt - to taste	to taste

• Cumin seeds (Jeera)	1/2 teaspoon

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• Turmeric powder (Haldi)	1/2 teaspoon

- Green Chillies - slit lengthwise 2

• Mustard oil - as required	as required

- Water - add 2 cups if you like a loose gravy 1-1/4 cups

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- Sugar - a pinch (optional) — a pinch

- Coriander (Dhania) Leaves - optional — 1 tablespoon

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Preparation

• 1.
• Clean the Aar Maach (Rohu/Katla) fish steaks thoroughly.
• Marinate them with a pinch of salt and 1/2 teaspoon of turmeric powder.
• 2.
• Heat mustard oil in a pan or kadai.
• Once hot, shallow-fry the marinated fish steaks until golden brown on both sides.
• Remove the fried fish and set aside.
• 3.
• In the same oil (add more if needed, but not too much), add 1/2 teaspoon cumin seeds and 2 bay leaves.
• Allow them to splutter.
• 4.
• Add 1-1/2 tablespoons ginger paste and 4 coarsely crushed green chillies.
• Sauté for about a minute until the raw smell of ginger disappears.
• 5.
• Add 1 finely chopped tomato, 1 teaspoon cumin powder, 1 teaspoon coriander powder, the remaining 1/2 teaspoon turmeric powder, and salt to taste.
• Cook the mixture over medium heat, stirring occasionally, until the tomatoes soften and the oil starts to separate from the masala.
• Add a pinch of sugar (optional) at this stage.
• 6.
• Pour in 1-1/4 cups of water (or 2 cups if you prefer a looser gravy) and bring the gravy to a boil.
• 7.
• Gently slide the fried fish steaks into the simmering gravy along with 2 slit green chillies.
• Cover and let it simmer for 5-7 minutes, allowing the fish to absorb the flavors.
• 8.
• Garnish with 1 tablespoon fresh coriander leaves (optional) before serving hot with steamed rice.

Macronutrients

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