

richly spiced bengali fish stew

preparation time: 20 minutes
Cooking time: 35 minutes
chilli rating: medium

difficulty level: medium
Serves: 4-6 as part of an
indian meal



ingredients

1½ tsp cumin seeds
750 g white fish fillets (such as snapper or cod), cut into 2.5 cm pieces
1 tsp ground turmeric
¼ cup mustard oil
1 tsp panch phoron (see Ajoy's tips)
1 tsp dried red chilli
2 Indian bay leaves
¼ tsp powdered asafetida
1½ tsp chilli powder
250 g medium-sized potatoes, cut into 2.5 cm pieces
250 g zucchini, cut into 2.5 cm pieces
1 cup water
1 tsp sugar

method

In a spice grinder, grind cumin seeds to a powder. Set aside.

In a bowl, combine fish, turmeric and mix well to combine. Set aside.

In a large frying pan, heat oil over high heat. When it starts smoking reduce heat to medium-high. Working in batches, add fish and cook, turning once, until golden. Remove fish from pan and set aside.

Add panch phoron to pan over medium heat and cook, stirring, until it starts to caramelize. Add dried chilli, bay leaves, asafetida, chilli powder, ground cumin, potatoes and zucchini and cook, stirring, for 2-3 minutes. Add water and bring to a simmer. Reduce heat to low, cover and cook until potatoes and zucchini are tender.

Stir in the sugar and salt and return fish to the pan. Cook, stirring, until fish is cooked through. Transfer to a serving dish and serve immediately.

Ajoy's tips To make panch phoron click [panch phoron recipe](#).

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