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FISH PATURI



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Ingredients:

500 gms Fish Fillet (Bhetki/Basa)
2 tbsp Black mustard seeds soaked in warm water
1 tbsp White mustard seeds soaked in warm water
½ Coconut (Fresh)
4 Green Chillies
1 tsp Turmeric Powder
1 tsp fresh juice of lime
1 tsp Sugar
Salt to taste
1 tbsp Mustard Oil
8-10 green chillies (optional)
1 Full size Banana Leaf
Thread for wrapping
Vaishali's

Method:

Wash and dry the Fish fillet, cut into 8 to 10 pieces, keep aside. In a Blender add Mustard seeds, coconut, greens chillies and a pinch of salt. Blend it into a smooth paste by adding little water. Now add sugar, turmeric powder and lime juice to it. Dip the Fish pieces into the marinade. Keep aside for 2 hours in refrigerator. Mix mustard oil after removing from the refrigerator. Now cut the Banana Leaf into 8 inches square. Place a piece of Fish at the center and add some marinade on it. Place one green chilly on top of it. Fold the leaf from each side and make it a square parcel and tie with thread. Wrap rest of the fish pieces and make a parcel for each of them. Now heat water in a steamer. Steam the parcels for 10 minutes. Remove from steamer, discard the threads and Serve piping hot with steamed rice.

KITCHEN KONNECTION

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