



Pan Seared Pomfret

by

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INGREDIENTS

Pomfret/Mackerel fish (2)	Fenugreek seeds (a pinch)
Fresh ginger (1 inch)	Black mustard seeds (1/4th teaspoon)
Kashmiri dried red chilli (25)	Turmeric powder (1/4th teaspoon)
Garlic (1 medium bulb)	Sugar (1 teaspoon)
Cumin seeds (1/4th teaspoon)	Salt (a pinch)
Black peppercorn (5)	White vinegar (2.5 cups)
Cinnamon stick (1 inch)	Lemon wedges

METHOD

Step 1 - Peel garlic and ginger. Cut ginger into chunks. Discard the chilli stem.

Step 2 - Keep all spices soaked overnight in the vinegar. Not in a metal bowl since the ingredients might react with metal. Use a glass bowl.

Step 3 - Blend all the ingredients (ginger, garlic, chilli, cumin, peppercorn, cinnamon, cloves, fenugreek seeds, mustard seeds, turmeric powder, salt, sugar, vinegar) to a fine paste. If the paste is too thick add some more vinegar. You can reduce or add to the number of kashmiri chillies depending on how hot you want the recipe to be. The paste should not be completely liquid.

Step 4 - Store this smooth paste (Rechado) in a jar and keep in the fridge for further use. Do not add any water because that will reduce the shelf life of the paste.

METHOD

Step 5 - The fish has to be sliced from the center but not split apart. If you are using a pomfret or a mackerel fish then ensure the sticky part near the head is removed. Make 3-4 small incisions over the fish. Rub this paste around the fish and between the incisions. The fish is marinated in this red paste for 40-45 mins. or kept overnight in the freezer.

Step 6 - Shallow fry the marinated fish. If you want it crispy then coat with semolina and then fry the fish.

Step 7 - Squeeze lemon juice over the pomfret and garnish it with coriander.