

Presenting a delicious dish —

CURRY LEAF AND LENTIL **CRUSTED FISH**



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FROM THE MICHELIN-STARRED RESTAURANT
QUILON, LONDON



INGREDIENTS

400gms or 8 nos Tilapia or Pomfret (fillet)
2 nos Lemon Juice
2 gms Turmeric
Salt to Taste

For Curry Leaf-Lentil Powder

50 gms Curry Leaves
20 gms Gram Lentil (Chana Dal)
5 gms Black Pepper
10 gms Whole Coriander
10 gms Whole Jeera
5 gms Dry Red Chilli
1 Tbsp Coconut Oil
Oil to Fry



METHOD

1. Marinate the fish with Lemon Juice, Salt and Turmeric and keep aside.

2. Meanwhile, heat coconut oil in Kadhai, temper it with Jeera, add Chana Dal and sauté till it starts changing colour.

3. Now add black pepper, coriander, red chillies and sauté them till it changes colour, add curry leaves and sauté until it turns crisp. Remove in a tray and cool. Dry grind to a fine powder.



M E T H O D

4. Dust the Fish with Curry Leaf and Lentil powder. Heat little oil in a pan or Tawa and cook the Fish for 1-2 minutes each.

5. Serve Hot with Raw Mango Chutney.