



We're trying to avoid all the general Take Away Indian recipes and go for some slightly unusual ones. As 2/3 of the Indian sub-continent is surrounded by sea it's not unrealistic for us to find quite a few Fish recipes.

Fish dressing ingredients:-

2 Fish Fillets with the skin on. We used Cod

1 Tsp of Turmeric

½ Tsp of Chilli Powder

1 Tsp of fresh Ginger, grated

1 Tsp of Lemon Juice

1 Tsp of ground Coriander

1 Tsp Cumin

1 Tsp of Olive Oil

½ Tsp of Asafoetida

½ Tsp of Salt

Coating Ingredients:-

4 Tbsp of Gram Flour

1 Tsp of Rice Flour

½ Tsp of Salt

½ Tsp of Turmeric

1 Tsp of Garam Masala

1 Egg, beaten

Oil to fry

Method:-

- (1) Combine the Turmeric, Chilli Powder, Ginger, Lemon Juice, Ground Coriander, Cumin, Salt and Asafoetida in a bowl.
- (2) Dry the Fish with kitchen roll and swear both sides with the spice mix.
- (3) Set aside for 15 minutes to allow the fish to take on the flavours.
- (4) Combine the dry ingredients for the coating.
- (5) Heat the Oil in a large frying pan.
- (6) Dip the Fish in the Egg and then cost in the spiced flour fix.
- (7) Fry the Fish for 3 minutes then turn over and fry for a further 2 minutes.
- (8) Drain of kitchen paper before serving.

Obviously we have to distort this recipe dreadfully and add chips, dips, foraged Pine Bolete Bhaji and an Indian style Colslaw?...