

## ভাপা ইলিশ

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Scientific Name: *Hilsa ilisa*

Also known as Ilish

**Ingredients:**

1. Five Hilsa steak pieces
2. 3/4 tbsp mustard oil
3. 2/3 tbsp mustard seeds
4. 1/2 tbsp poppy seeds
5. 1/2 tbsp coconut milk
6. 5/6 green chilies-slit
7. 1 tsp red chili powder
8. 1 tsp turmeric powder
9. Salt to taste

**Making Mustard Paste:**

1. 2/3 tbsp mustard seeds
2. 1/2 tbsp poppy seeds
3. 1/2 tbsp coconut milk
4. 5/6 green chilies-slit
5. 1 tsp red chili powder

6. 1 tsp turmeric powder
7. Salt to taste

This blended mix will later be referred as “paste”

#### Method:

1. Clean the fish, pat it dry, and marinate with salt, 1 tsp mustard oil and turmeric powder.
2. Keep it aside to marinate at least for 10 minutes.
3. Add 2 tbsp mustard oil in pan
4. Shallow fry the fish without covering with lid. Don't fry too much.
5. Put the fried fish in microwave safe flat dish and cover it with the “paste” and microwave in high for 10/15 minutes (depending on the power of the microwave) or till the fish is cooked
6. Garnish it with green chilies.
7. At the end, add 2 spoon of raw mustard oil
8. Serve it with rice.

Should look like the picture below:

