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Fish, or *maachali* in Hindi, has long been considered “brain food.” What desi doesn't want to be smart?? Fish is low in fat, high in protein, and full of omega 3 fatty acids that help reduce the risk of heart disease and lower cholesterol. Fish is popular in many Indian cuisines, especially in Goa, Assam, Kerala and Bengal. My family mostly ate chicken when I was growing up, but in the last couple of years I have witnessed the health benefits of what even some vegetarians call the “fruit of the sea.” During our pre-wedding diet, my husband and I abstained from meat and ate only fish and veggies. Not only did we trim down in time for the wedding, but we also had increased energy, both physical and mental. When I was pregnant, I once again embraced the benefits of fish and omega 3 for proper development of my baby's brain and nerves. Fish has become a mainstay in my family's diet.

This recipe version is for the mild tasting haddock, but good substitutes are cod, tilapia, flounder, or catfish. These are all low-mercury fish. Gujaratis often top fried fish with a tomato sauce, so I've included the preparation for a simple sauce. Serve the dish hot over basmati or brown rice and eat with fresh steamed vegetables of your choosing for a filling meal.

Ingredients For Fried Fish:

- 1 1/2 lb haddock fish fillets
- 1 tsp garlic paste
- 1 tsp ginger paste
- 1/2 tsp ground turmeric
- 1 tsp red chili powder
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp lemon juice
- 1/2 tsp salt
- vegetable oil for frying

For Tomato Sauce:

- vegetable oil for frying
- 1 tsp mustard seeds
- 1 chopped onion
- 1 cup tomato puree (or use a 14 oz can)
- 1/2 tsp ginger paste
- 1/2 tsp garam masala
- 1/2 tsp salt
- 1/2 tsp pepper
- chopped fresh coriander for garnish

Preparation

1. Wash the fish fillets in cold water and dry on paper towel.
2. Combine the garlic, ginger, ground turmeric, chilli powder,



ground coriander, ground cumin, lemon juice, and salt in a medium bowl.

3. Brush the spice mix onto both sides of each fillet and marinate in the refrigerator for 2 hours to allow the flavors to penetrate.
4. Heat 2 tbsp of oil in a medium frying pan.
5. Fry the fish fillets, about 5 minutes on each side, and set aside.
6. Heat some more oil in a pan.
7. When hot, add mustard seeds.
8. When seeds crackle, add onions and saute for 1-2 minutes.
9. Pour in the tomato puree and cook for three minutes.
10. Add ginger, garam masala, salt and pepper according to taste. Turn off heat.
11. Pour the sauce over the fish. Garnish with chopped coriander.