



MACHER JHOL

Cook Time 20

Prep Time 5

Serves 4-6



Preparation

Step 1

Wash and clean fish carefully, before adding them to a large bowl. Add ½ tsp BMC Turmeric Powder (Haldi), ½ tsp salt. Drizzle ¼ tsp mustard oil on fish pieces and set aside for 15-20 minutes

Step 2

Puree onion, garlic and ginger to make a thick paste. Use 2-3 tsp of water if necessary. Roughly chop tomato and make puree, without adding water.

Step 3

Heat the remaining mustard oil in a flat bottomed pan/wok. Add fish pieces one by one and fry until turn golden brown.

Step 4

Transfer the oil in which the fish was fried to a heavy bottomed pan/ wok. Add dried red chili and cumin seeds in hot oil and allow to splutter.

Step 5

Add onion mixture along with sugar & salt and fry for 1-2 mins or until paste is translucent. Add tomato puree with half of the BMC Red Mirch

Ingredients

Boal fish (large pieces)	4 pieces
Onion	1, large
Tomato	1, medium
Ginger	1
Garlic	5-6 cloves
Mustard Oil	4 tbsps
Dry Red Chili	1 - 2
BMC Cumin Seeds (Zeera)	1 tsp
BMC Turmeric Powder (Haldi)	1 tsp
BMC Red Mirch Powder	2 tsp
BMC Coriander Powder (Dhania Powder)	1 tsp
Salt	1.5 tsp
Sugar	1 tsp

Powder and stir for 1 min.

Step 6

Add rest of BMC Red Mirch Powder along with other ground spices and continue stirring until moisture in masala evaporates and oil floats on top. Add little water at a time and keep stirring until spotting of oil appear on the side of the pan.

Step 7

Once the mixture turns to a deep red colour, with oil covering the surface, add 2 cups of warm water and bring it to boil. Add fried fish pieces one by one very carefully to the jhol/curry and allow to boil.

Step 8

Once the curry starts boiling, cover the pan and cook for 10 mins on simmer. Remove cover and check if fish is cooked thoroughly. Adjust seasoning.

Step 9

Remove fish pieces very gently as cooked fish is soft and delicate Transfer fish pieces in serving bowls and cover it with curry. Serve with steaming hot rice.