

Ingredients

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| 1 whole medium pomfret or mackerel | ½ tsp cumin powder |
| 4 cloves garlic | 1 small onion |
| 2 tsps chilli powder | 2 tbsps vegetable oil |
| 1 tsp coriander powder | 3 tbsps white vinegar |
| 1 tsp turmeric powder and black pepper powder | ½ bundle fresh coriander (cut fine) |
| | 2 small green chillies (cut fine) |
| | Salt to taste |

Method:

- ❖ Slit the fish on the right and left from head to tail to form two pockets. Crush 2 cloves garlic and spread over and inside of fish.
- ❖ Sprinkle with ½ teaspoon turmeric, some salt and about 2 tablespoon vinegar and marinate for ½ an hour.
- ❖ Combine with other 2 cloves of garlic (crushed), powdered coriander, chilli, cumin, turmeric and grated onion – mix with vinegar or water to form a paste.
- ❖ Place fish on foil. Stuff the pockets with the above paste and brush the remainder of the paste over the fish. Also stuff the fish with the coriander and green chillies cut fine. Pour oil over the fish, sprinkle with salt, pepper and fresh coriander.
- ❖ Wrap the foil completely around the fish and steam or place in pyrex dish and bake at 300°F for about 30 mins.