Main dishes / Bangladesh

Shorshe ilish



Hilsa in a ground mustard sauce, cooked by steaming. The great fish of Bengal.

Time 50 min **Servings** 4

What you'll need.

- ☐ 800 g Hilsa or herring — in steaks
- ☐ 60 g Mustard seeds — yellow and black in equal parts
- ☐ 6 piece Green chillies
- ☐ 2 tsp Turmeric
- ☐ 80 ml Mustard oil
- ☐ 1 tsp Nigella seeds
- ☐ 400 g Rice — to serve
- ☐ Salt — to taste

Let's make it.

01 Soak the mustard seeds in warm water for twenty minutes.

02 Grind them with two chillies, a pinch of salt and a little water into a smooth paste.

03 Rub the fish steaks with turmeric and salt and leave them ten minutes.

04 Heat the mustard oil until it smokes, take it off and let it cool a minute; raw mustard oil is acrid.

05 Add the nigella, pour in the mustard paste let down with half a cup of water, and cook three minutes.

06 Lay the fish in a single layer, add the remaining chillies whole, cover and stew twelve minutes.

07 Finish with a spoon of raw mustard oil, take it off the heat and serve with rice.

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