

Delhi Fish Dish - medium

Dum ki Machali

Warming, perfumed spices combine with yoghurt, lemon, a little chilli and a touch of coconut to create this Northern Indian, fish dish from Oudh. The 'dum' method of cooking is typical of the region, traditionally the pan would be covered, then sealed with a 'lining' of bread dough ensuring all the flavour and cooking juices remain in the dish...wonderful. It's soooo simple, just remember to allow a little time for the marinade to impart its beautiful flavours....enjoy!

Serves 4-6 people

Ingredients:

Fish, 1kg/2lbs firm fleshed fish such as Pollock, hake, cod, haddock, skin removed, cut in to bite sized pieces
Ghee or butter 100g (or 4 tbsp sunflower oil)

Marinade:

Natural, plain yoghurt, 150ml, 5floz
Crème Fraiche, 50ml, 2floz
Ginger, fresh root 1 fat inch, 30g, grated or blitzed
Garlic 2 fat cloves
Chilli, red 1, deseeded and roughly chopped (or more if you'd like it a little hotter!!)
Sunflower oil, 15ml (1 tbsp)
Lemon juice and zest ½ a lemon

1 packet of *GREEN SAFFRON Delhi Fish Dish Spice Mix*
Handful of fresh coriander

How to make your meal:

This is a really easy one.....

1. Pop all of the **Marinade** ingredients and your *GREEN SAFFRON Delhi Fish Dish Spice Mix* into a mixing bowl and stir to combine.
2. Put your fish into a shallow bowl, then pour over the marinade, scraping every last bit from the bowl, then gently mix everything around to combine all the flavours and to coat the fish.
3. Cover with wetted grease-proof paper and place in your fridge for about 10 to 15 minutes.
4. Then, take a thick bottomed frying or sauté pan, place on a low heat, add the ghee (butter or oil) and allow to melt, swirling it around the pan.
5. Add the fish and the marinade, cover the pan with a tight-fitting lid and allow to gently bubble....
6. After 10 minutes take a peak, give it a gentle, brief stir and if the fish has turned opaque, it's ready, if not pop the lid back on and give it a couple more minutes until just cooked!!
7. Sprinkle with fresh coriander and serve immediately with Green Saffron's Aged Basmati rice and our Tamata No. 1, spooning the cooked marinade juices all over for extra (beautiful) flavour ...simple!!

Alternative suggestions:

Try pushing the marinated pieces of fish onto a skewer for a brochette effect, grill or cook on a griddle pan and serve with good crusty sour-dough or freshly baked bread, one of our 'So Versatile Sauces' and a crisp salad....

Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients, or add others, go for it....experiment and enjoy your cooking. With Green Saffron spices you can't go wrong!!!