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Yanam Balti

Ingredients

2 lb. Yanam fillets, rinsed and cut into large chunks
2 bay leaves, torn
5 fl oz. veg. oil or ghee
2 large onions, chopped
5 fl oz. water
Salt
Sprigs of fresh coriander to garnish
For the Marinade
½ Tbsp of garlic and ginger paste
1 fresh green chili, deseeded and chopped
1 tsp ground coriander
1 tsp ground cumin
½ tsp chili powder
½ tsp ground turmeric
0.5 fl oz. water
Salt

Preparation

1. Marinate the fish for between 30mins to 4hrs
2. Fry in ghee or vegetable oil.
3. Thanks to Choose Wisely for this recipe

Cooks Note