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Posted on 17 September 2012  
*by Stephen King*

## 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 <em>Thanks to Choose Wisely for this recipe</em>

## Cooks Note

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