

PATRA NI MACHHI

Daraious' version

FISH

Traditionally the fish used is Pomfret but because we don't get good quality ones here in Canada, I prefer to use fillets of Basa. You can use Haddock, Cod or Tilapia if you like.

Note: If using Basa try and find ones that are ASC / MSC certified. Oceanprime from Seacore Seafood Inc. is pretty good and safe. Costco* and Oceans also have good quality (packaged) basa. *Costco has shaped up after the Canadian Food Inspection Agency suspended their licence to import seafood in 2015.



BANANA LEAVES

If you are lucky to live in a country where fresh off-the-tree banana leaves are available, it is awesome. For the rest of us, we can get frozen, packaged Banana leaves from most Chinese / Thai grocery chains such as Oceans.

1. Wash the leaf **thoroughly** and then cut it into roughly 8"x 8" squares.
2. Dry each square completely.
3. Bring back their glossy sheen and soften them by passing them lightly over the low flame of a gas burner, or by spreading them out on cookie sheets and warming for a 6-8 minutes in a 200° oven. ***This makes them pliable so they won't break when folding.***



PARSI GREEN CHUTNEY

Daraious' version

INGREDIENTS – (*approximate measurements*)

4 – 5	Coriander (<i>Large Bunches</i>)
5 cups	Coconut (<i>Fresh shredded is amazing but desiccated will work too</i>)
3 cups	Cream of Coconut (<i>Coconut milk will do as well</i>)
10 - 15	Green chillies (<i>use the thin ones – add more or less based on preference</i>)
1 or 2	Green Mango (<i>medium sized</i>) – chopped
3 tbsp	Garlic paste (<i>you can use peeled cloves of garlic too if available</i>)
1 tbsp	Ginger paste (<i>optional</i>)
2 tbsp	Roasted Jeera Powder (<i>Cumin</i>)
1 cup	Lime or Lemon juice (<i>I prefer lime</i>)
To taste	Salt

PREPARATION

1. Toss the items into the grinder (little at a time adding the cream of coconut and lime to provide the liquid – only add **very** little water if absolutely necessary).
2. Grind the whole thing into a nice paste.
3. Put the chutney in mason jars and freeze it. It keeps forever. Once thawed – the jar must be refrigerated.

Couple of notes:

1. I don't know how **authentic** this recipe is, it's just the way we make it at home.
2. Also, when I make stuff I don't really measure the ingredients – I just go by intuition.



PREPARATION

1. Cut the fish into 5 or 6 inch pieces.
2. Marinate the fish in lemon juice after coating it *sparingly* with salt, turmeric powder, chili powder, and a bit of roasted cumin powder (*adding the spices is just my preference*). Let it sit for a couple of hours.
3. On each piece of Banana leaf spread a little bit of butter (my preference).
4. Then add a layer of the green chutney.
5. Place a piece of fish on top of the chutney.
6. Cover the fish with another layer of chutney.
7. Fold up the banana leaf and tie string around it or use toothpicks to keep it wrapped.
8. Fill a shallow oven tray with boiling water and place a grill on top of it. The grill must be high enough so the water doesn't touch the fish. If you have a steamer at home use that.
9. Arrange the wrapped up fish on the grill and cover the whole thing up with aluminium foil.
10. Set the oven to 350F and put the above setup in for 20 minutes.
11. Turn off the oven, remove the aluminium foil carefully and your patra-ni-machhi is ready to serve.

Couple of notes:

- I don't know how **authentic** this recipe is, it's just the way we make it at home.
- Also, when I make stuff I don't really measure the ingredients – I just go by intuition.

