

SAAS NI MACCHI & KOLMI (With Khichri Rice) - Daraious

The primary recipe is essentially very similar to the traditional one, but the main difference is in the methodology. I personally love an extremely smooth velvety sauce so I started off by creating a fish-stock which I then blended into a rice-flour/butter roux to make a velouté. Read on...

INGREDIENTS

Note: some of the measurements are approximations.

SAUCE	
350 g	Cooked Shrimp (You can use uncooked if you like – just adjust cooking time)
650 g	Basa fish sliced.
3 cups	Onion (finely chopped)
1 cups	Cherry Tomatoes
½ cup	Coriander (finely chopped)
5 - 6	Green chillies (more or less depending on your preference)
2 tsp	Jeera (Cumin) Powder (Roasted)
6 tbsp	Rice Flour
1½ tbsp	Garlic paste
5 tsp	Sugar
⅓ cup	Rice Vinegar (Kolah's is really good but it gives the sauce a brownish tint)
½ tbsp	Worcestershire Sauce
½ tsp	Black Pepper (powdered)
Taste	Salt
2 tbsp	Vegetable oil or Ghee
5 tbsp	Butter
1	Egg
KHICHRI	
2 cups	Basmati Rice
1 cup	Toor Dal (non-oily kind)
1 med	Onion (sliced and fried to golden brown)
4 or 5	White Elaichi (cardamom)
5 or 6	Cloves
1 stick	Cinnamon
2	Bay leaves
1 tbsp	Turmeric
Taste	Salt

Prep:

- Defrost, de-vein, de-tail shrimp.
- Defrost (if frozen) the sliced fish. Or if fresh do the obvious (clean and slice).
- Rub a bit of pepper and salt on the shrimp and fish and set them aside.
- Chop up the onions, coriander, and green chillies.

SAUCE

- In a frying pan sauté the onions in oil or ghee until lightly pink.
- Add in the garlic paste followed by the Cumin powder and green chillies.
- Add in the sliced fish and let the whole thing “fry” for a couple of minutes. Turning the fish slices frequently.
- **Note:** If you are using raw shrimp throw them in too.
- Add some water to create a fairly thick mixture, bring to a boil and then lower the heat.
- Add in the salt.
- Add the Worcestershire sauce, cover the pan and let this simmer for about 8 mins.



- Now add in the cooked shrimp.
- Stir everything up and let simmer for another 5 mins.
- Turn off the stove and ***carefully*** extract the fish slices and shrimp from the pan.
- Let the remaining mixture in the pan cool for a bit.
- Strain/puree the mixture retaining both the liquid fish-stock as well as the thickened onion mixture.
- Put the thickened onion mixture into a blender, add some water and blend to a smooth paste.



- In a sauce pan on low heat melt the butter.
- Once melted add in the rice flour ***whisk rapidly and constantly*** until you have a nice smooth paste with no lumps.
- DO NOT LET THE ROUX BROWN!
- Now slowly blend in the strained fish-stock, again whisking continuously.
- If the stock is too little add in some warm water.
- You should end up with a velvety smooth sauce – fish velouté (or if you are very posh, “*velouté de poisson*”).
- Now blend in the paste from the blender, whisking continuously.
- Turn off the heat and let the sauce sit for a few minutes until luke warm.
- In the meantime beat the egg, vinegar and sugar in a bowl.



- Very carefully, with the stove on very low heat and whisking constantly, drizzle the egg-vinegar-sugar mixture into the sauce.
- Put the fish and the shrimp back into the frying pan and pour the sauce over everything.
- Warm the mixture on low heat, if absolutely required add in some warm water to bring the sauce to the desired consistency.
- Add in the cherry tomatoes and continue to warm for another few minutes.
- Turn off the stove and garnish with the chopped coriander.



THE KHICHRI

- Put some oil in the vessel and on medium heat lightly toss the rice, bay leaves, cloves, cinnamon, and cardamom for about a minute or two.
- Now add in the turmeric, salt and fried onions,
- Add water to cover the rice and be about an inch and a half above the rice.
- Cook until done.



