

Ingredients

Quantity:	Measure:	Ingredients:	Description:
4	Nos.	Pomfret - White	Clean and
2	Teaspoon	Mustard Powder	For outside app
	As Required	Salt	For outside app
	As Required	Pepper Powder	For outside app
2	Medium	Potatoes	Make strips, an
1	Nos.	Egg Yolks	For coating
	As Required	Bread Crumbs	For coating
	As Required	Cooking Oil	
2	Nos.	Carrots (Gajar)	sauted
8-10	Nos.	French beans	sauted

Method

Clean fish and fill it the filling without separating it completely
Make paste of mustard powder, salt, pepper and apply on fillet.
Make cuts on fish and apply paste between cuts.
Dip the fish in egg yolk & roll in bread crumbs & baste the fish in oil.
Bake at 150°C for 10 min.
Serve with fried potato strips, and sauted carrots and french beans.