



Ingredients

Quantity:	Measure:	Ingredients:	Description:
4	Medium	Onions	Finely minced
3	Medium	Chillies Green	Finely minced
A	Few	Mint Leaves (Pudina)	Finely minced
1	Medium	Tomatoes	chopped
A	Few	Plums	Finely minced
Half	Teaspoon	Pepper Powder	For Stuffing
2	Tablespoon	Ghee	For Stuffing - fr
Half	Teaspoon	Garam-Masala	For Stuffing
A	Little	Salt	For Stuffing
1	Pinch	Salt	For Chilly Past
1	Tablespoon	Chilly Powder, Red	For Chilly Past
1	Teaspoon	Turmeric Powder	For Chilly Past
6	Nos.	Mackerels	Or Pomfrets or
4	Tablespoon	Cooking Oil	For Frying the

Method

Prepare Stuffing:

Use the ingredients give above for stuffing, and prepare a stuffing.

Prepare Chilly Paste

In a little water, blend all the ingredients, shown above, for the chilly pastge..

Prepare the Fish.

Clean the fish, remove scales and fins, and slit the fish from head down the belly, and remove entrails and wash. Trim the head part and tail, as usual, and dry the fish with paper kitchen towels, and then apply the chilly paste, inside the stomach and outside the fish. Keep aside for one hour. Fill the stomach of the fish, with the onion stuffing, and tie the fish with thread, so that the filling does not come out.

Put sufficient oil in a frying pan and heat it till it is very hot, then lay the fish in it for frying. When one side is done, gently turn it to the other side and when both sides are properly fried, remove it on to a serving dish.

You can substitute the Pomphret with Mackerels or Mullet.