

Recheado Masala FOR FISH

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Inch	Ginger (Adhrak)	Prepare ground
8-10	Flakes/Cloves	Garlic (Lason, Losun)	Prepare ground
5	Pods (whole)	Cardamoms (Elaichi)	Prepare ground
1	Ball	Tamarind	Prepare ground
6	Nos.	Cloves (Lavang)	Prepare ground
1	Inch	Cinnamon (Dalchini)	Prepare ground
1	Teaspoon	Pepper Powder	Prepare ground
10	Large	Chillies Kashmir	Prepare ground
	As Required	Salt	Prepare ground
250	ML.	Vinegar	Goa Vinegar. F
250	ML.	Ghee	For frying
	As Required	Fish, general	

Method

Grind the masala in Goa vinegar, to a fine paste, and fry the same with the ghee.

Allow to cool. This is the **Recheado Masala paste**.

This can be used with fish. With chicken, you can add other boiled vegetables as green peas and cubed potatoes.

Prepare the fish, by cleaning and washing, and removing the fins. Trim the head and tail. Slit the belly from the side, and remove the entrails, and the gills. Wash in and out of the fish with salt, wipe dry with a kitchen towel and apply a mixture of oil and turmeric powder from outside

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and inside and allow it to marinate.

Prepare stuffing:

Mince 3-4 onions, and fry in oil. As they turn golden brown, **add** a tablespoon or two of the Recheado masala, and continue frying till all the masala is fried. This stuffing has to be filled in the belly of fish or chicken which has to be slit, and all the entrails removed.

When the belly of the fish is filled with the stuffing, tie the fish with a thread, dip the fish in a batter of gram flour mixed with semolina with a little red chilly powder. and fry on slow fire with sufficient cooking oil, in a flat frying pan. Serve it as a side dish, with salads.