Fish bones 2 no’s or Blade fish steaks, 1 teaspoon Lemon juice, 1 teaspoon Pepper, One pinch Turmeric powder, Olive oil - 2 tbsp,1 teaspoon Chili powder, 1 tablespoon Fresh garlic.

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Steep the fish bones or fish steaks with complete elements for 2 - 3 hours. Place aluminium foil over boiling plate and spray with cuisine spray. Residence the fish in it and grill for 7 mints. Fish steaks may take lengthier because it is denser. Turn the flanks of the fish though questioning. Gravy with onion earrings and stir cooked vegetables.