



Bhapa Llish (Steamed Fish)

Serving: 1

Non Veg

Ingredients

- -200 gm hilsa fish (ilish)
- -Salt to taste
- - $\frac{1}{4}$ tsp turmeric powder
- - $\frac{1}{2}$ tsp yellow mustard seeds
- - $\frac{1}{2}$ tsp black mustard seeds
- -1 no. green chillies
- - $\frac{1}{4}$ tsp chopped ginger
- -1 tbsp mustard oil

Preparation Method

- 1. Sprinkle fish slices with half of salt and turmeric powder.
- 2. Make a smooth paste of yellow mustard seeds, black mustard seeds, green chilli, ginger, salt and remaining turmeric powder.
- 3. Place the fish in a steamer and spread the paste liberally on the fish.
- 4. Pour the mustard oil on top. Cover the lid and steam the fish for 8 to 10 minutes. Serve hot.