



# MASOR TENGA

Assam popular dish  
Amber

Masor Tenga is one of the popular main dishes of Assamese cuisine and is an integral part of the traditional Assamese Thali. In Assamese, "Masor" means fish and "Tenga" means sour, which gives the name of the dish, Masor Tenga. The key ingredient in masor tenga is the kokum, a souring agent like lemon or tamarind, which leads the dish to have a tangy flavor. It is best enjoyed with steamed rice. The sour gravy of masor tenga is very refreshing for our bodies during summer. It is often consumed after a heavy meal because it aids in digesting the food fast and properly.



## Ingredients of Masor Tenga

- 1 kilograms fish
- 4 kokum
- 1 teaspoon mustard seeds
- 4 green chili
- 2 teaspoon salt
- 1 stalk coriander
- 1/2 kilograms tomatoes
- 250 ml mustard oil
- 2 medium potatoes
- 1 tablespoon rice
- 2 teaspoon turmeric

# edure

step is to prepare the fish. Cut the fish in medium-sized pieces and properly. Then mix the turmeric powder and a teaspoon of salt with the oil. Deep fry the fish pieces in the mustard oil, until the pieces are crisp and brown. Fry the fish pieces in batches.

Meanwhile, boil the tomatoes and potatoes so that both are tender and soft. Blend the tomatoes to get a puree. Also boil the kokum in 500 ml of water to get a kokum water, which will be used in the curry. Chop the boiled potatoes in small cubes.



Remove the oil from the kadhai in which the fish has been fried, leaving just a teaspoon of the oil in it. To this, add mustard seeds and slit green chilies and let these fry until the mustard seeds splutter and the chilies turn brown. Then add the boiled potatoes and keep stirring it, so that the potatoes do not burn. Fry for 2 minutes.

Add the pureed tomatoes and the remaining salt in the kadhai. Let the pureed tomatoes simmer with the potatoes. Then add the kokum water to this and stir it in. Bring this mixture to a boil.

Add the fried fish pieces to the mixture. Add a little water if required. Mix in a rice flour slurry in the curry to thicken it. Garnish with chopped fresh coriander before turning off the flame. Masor tenga is ready.