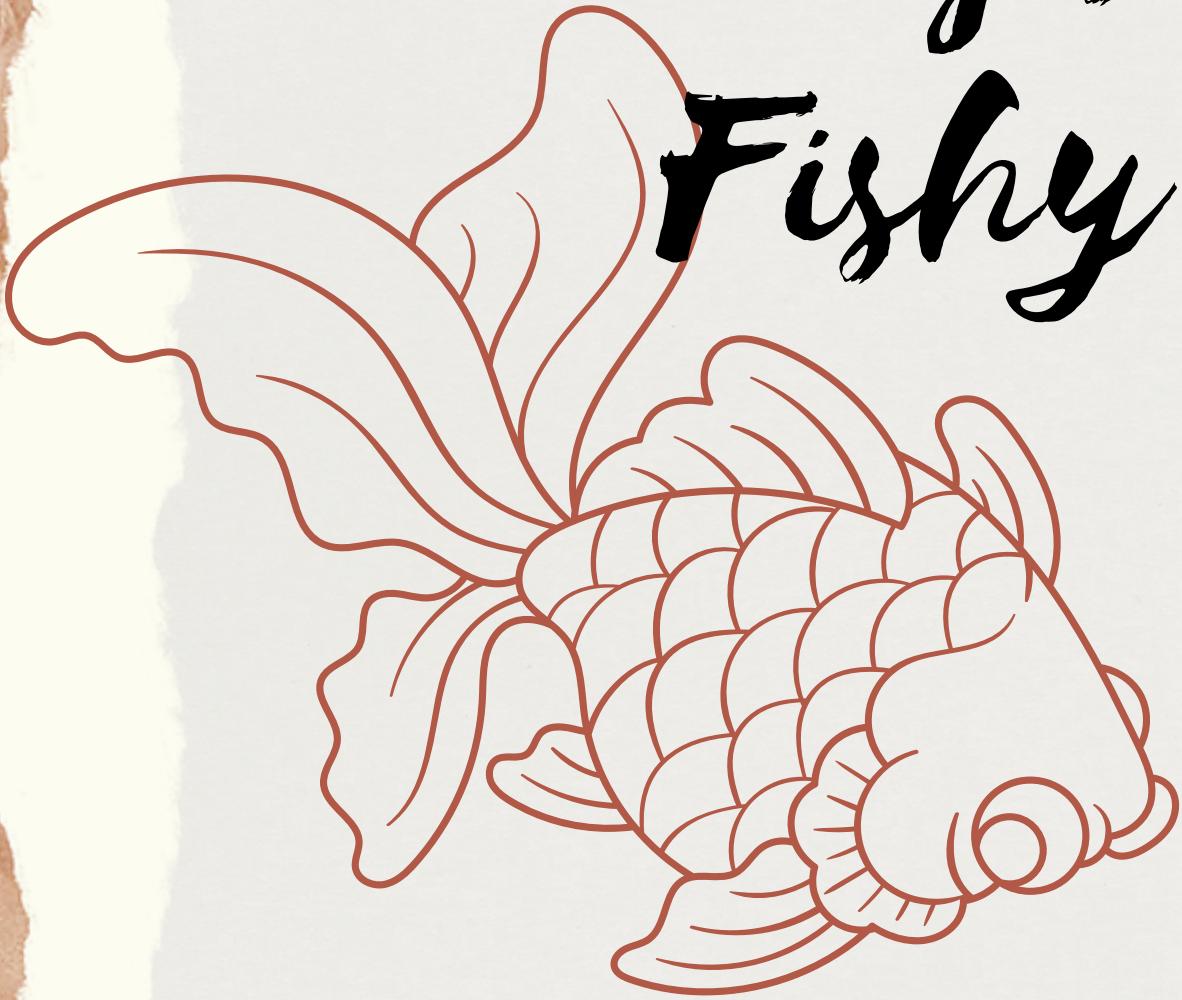




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Something's
Fishy



Bioaccumulation

Methylmercury is absorbed into the body about six times more easily than inorganic mercury. In general, more than 90% of the mercury in fish is found as methylmercury. Methylmercury biomagnifies through the food chain as predators eat other organisms and absorb their food sources' contaminants.

As a result of bioaccumulation, an individual who consumes plants/prey contaminated with methylmercury will acquire levels greater than in either its habitat or its food.

Hence, top predators acquire greater body concentrations of mercury than the fish they consume through biomagnification.

To limit human exposure to organic and inorganic mercury from contaminated fish, various government departments have issued fish consumption advisories. Compared to MeHg, elemental mercury is found to have no significant toxicological effects after ingestion in a healthy person because the metal species is poorly absorbed in the gastrointestinal tract, at less than 0.01%.



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01 LOW METHYLMERCURY CONTENT

Less than 0.09 Parts Per Million (PPM)

Hilish Bhapa Patra ni Machi Confit Salmon

02 MODERATE METHYLMERCURY CONTENT

From 0.09 to 0.29 Parts Per Million (PPM)

Tekkamaki Rolls Fish and Chips Grilled Monkfish

03 HIGH METHYLMERCURY CONTENT

Above 0.3 Parts Per Million (PPM)

Sura Puttu Goan Fish Curry Salt Baked Fish

DIRECTIONS

1. Soak the mustard seeds for 2 hours and turn into a paste.
2. Make a fine paste from the shredded coconuts.
3. Slice the fish in two equal pieces of 3 cm thickness.
4. Add the fish to a tiffin, 1 piece at a time and coat it with mustard paste, coconut paste, poppy paste, turmeric, salt & sugar.
Tip! Use your hands to make sure every part of the fish, including its cavities, is well coated.
5. Slit four green chillies and place them on the ilish pieces.
6. Fasten the tiffin lid and set the fish aside to marinate for 15 mins.
a. *You could also seal the top with thick aluminium foil*
7. Slit four red chillies and place them on the ilish pieces.
8. Add some water in a pan and place a stand on it. Once the water has come to a boil, place the tiffin on the stand.
9. Cover the pan and steam the fish on medium heat for 15 mins
10. Remove from the pan and allow it to rest for another 5 mins before serving.

INGREDIENTS

- 200 g hilsa fish
- 30 g mustard seeds (brown+yellow mixed)
- 4 pcs green chillies
- 4 pcs red chillies
- 20 g coconut (peeled)
- 15 g poppy seeds (paste)
- 1 to 2 tsp. salt
- 1/4 tsp. sugar
- 1/4 tsp. turmeric powder
- 20 g mustard oil



Ilish Bhapa

HILSA FISH (HERRING) STEAMED IN MUSTARD SAUCE

Credits:Subashree Sarkar

鮓 飯

Tekkamaki Rolls

TEKKAMAKI TUNA SUSHI ROLL

Credits: thespruceeats.com

INGREDIENTS

- 4 sheets of nori (dried seaweed, cut in half)
- 4 ounces of sushi grade tuna
- 6 cups sushi rice (prepared)

DIRECTIONS

1. Cut the nori in half to 4 by 7 1/2 inches.
2. Cut tuna into thin and long sticks 1/2 inch thick and 7 1/2 inch long
3. Put the bamboo sushi mat on your work surface with the bamboo slats left to right, so you can roll the mat away from you.
4. Put a nori sheet on top of the bamboo mat (makisu) with one of the seaweed's long side close to the front edge of the sushi mat. (edge near you)
5. Spread about 3/4 cup of sushi rice on top of the nori sheet.
6. Place tuna horizontally on the rice.
7. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder.
Roll from the front end of the mat guiding with the sushi mat toward the other end.
8. Tighten the rolls, pulling the mat to tighten, and pressing the bamboo mat firmly.
9. Remove the roll from the mat
10. Cut the rolled sushi into bite-size pieces.

Tip! Wipe a knife with a wet cloth before slicing sushi.

11. Serve right away with soy sauce and wasabi.



Goan Fish Curry

SURMAI (KING FISH) FISH CURRY

Credits: Nivedita Kolekar

DIRECTIONS

- 1.Put cuts on the fish on both sides.
- 2.Marinate the fish in tamarind chutney, turmeric and salt.
- 3.Grind the coconut, chillies, coriander seeds, cumin seeds, pepper corns, garlic, ginger and onion into a fine paste.
4. Take a wok/ kadai and heat 2 tbsp coconut oil.
- 5.Add mustard seeds followed by the spice paste mix made in Step 3. Mix well and let it cool for 5–10 mins on low flame.
- 6.Once the oil starts surfacing on top of the curry, add little water, turmeric pulp, salt and let it boil.
- 7.Delicately, add the marinated fish and cover the vessel to let it cook on low flame for 2 mins.
Tip! Do not try to turn the fish as it may break.
- 8.Garnish with coriander leavers.
- 9.Serve the curry with hot steamed rice.

INGREDIENTS

- Surmai fish
- 1/2 cup grated coconut
- 4–5 warm water soaked red chillies
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp pepper corns
- 2 tbsp coconut oil
- 3 garlic cloves
- 1/2 inch ginger
- 1/2 onion (sliced)
- 1/4 tsp. turmeric powder
- Salt to taste
- 1/2 cup tamarind soaked in water
- 1/2 tsp mustard seeds



Vinil

Credits: Vinil Tendulkar

HAPPY COOKING!

Hope you enjoy making these delicious
fishy recipes from around the world.