



# Shorshe Ilish

Cooking Time \_\_\_\_\_

On2Cook: 10:00 mins    Normal Cooking: 25 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients \_\_\_\_\_

- 60 g

Mustard Oil 50g, Green Chilli 10g
- 271 g

Shorshe Gravy
- 40 g Black Mustard Seeds
- 20 g Yellow Mustard Seeds
- 20 g Poppy Seeds, 15 g Green Chilli
- 15 g Mustard Oil, 8 g Salt
- 3 g Sugar, 150 g Water
- 17 g

Marinated Fish
- 4 Nos Ilish Fish, 4 g Salt
- 3 g Turmeric Powder
- 10 g Mustard Oil
- 230 ml

Water (Auto)

