



Kerala Meen (Fish) Pollichathu

Vegetable Pulao (Rice) & Red Onion Salad



Meen Pollichathu (Baked)

Boneless and Skinless Salmon Fillets x 2

For the Marinade

Kashmiri Chilli Powder ----- 1 tsp
Turmeric Powder ----- ½ tsp
Ground Black Pepper ----- ¼ tsp
Sunflower/Olive oil ----- 1 tsp
Red wine Vinegar ----- 1 tsp
Salt ----- ¼ tsp
Mix above ingredients and Marinate the Fish for 1 hr.

To Fry

Butter 25 gm and 2 tbsp Sunflower/Olive oil
Melt Butter and Oil in a shallow pan, fry the Salmon pieces softly. Take out and Keep warm.

Pre-Heat Oven 180c

For the Sauce

White onion ----- 1 medium(100gm)
Fresh ginger ----- ½" Square,
Garlic ----- 1 Clove
Fresh Green Chilli ----- 2 pods
Fresh Curry leaves ----- 8 leaves
Turmeric powder ----- ¼ tsp
Kashmiri Chilli Powder ----- ½ tsp
Red wine Vinegar ----- 1 tsp
Fresh Tomatoes Pureed ---- 2 (130gm)
Hot water ----- ½ Cup,
Butter ----- 20gm
Sunflower / Olive Oil ----- 1 tbsp
Salt to taste

Foil and Parchment Paper 40cm long

Mince / chop onion, ginger, garlic and green chillies together.

Melt butter and oil in a frying pan on medium heat. Add minced mixture and fry until golden brown. Add both powders, Curry Leaves and fry for a minute. Now add pureed tomatoes and vinegar. Fry for another 2 minutes. Add hot water and simmer for 3 minutes. Grease the Parchment paper Sheet with butter. Spread a layer of sauce on the paper, to cover the size of the fried Salmon pieces. Place the fried salmon pieces on sauce and cover with rest of the sauce. Wrap and Seal and bake for 15 minutes @180c. Garnish with toasted coconut, cashew nuts, sliced tomato, sliced onion and coriander Leaves. Serve Hot.

Vegetable Pulao

Cardamom, Cloves and cinnamon x 3
Cooked Basmati Rice ----- 250 gm
Sliced White onion -----50 gm
Green peas -----1 tbsp
Grated Carrot -----1 tbsp
Butter ----- 20gm
Cashew nuts ----- 20gm
Raisins ----- 20gm
Few strands of Saffron.
Pinch of Salt

Melt the Butter in a frying pan on Medium Heat. Fry cardamom, cinnamon and cloves. Add onions until golden brown. Add peas and carrots. Fry for 2 minutes. Add Cashews and Raisins. Fry till cashew turn golden. Add cooked Basmati Rice and gently toss in the pan. Keep warm. Garnish with chopped Coriander leaves and Saffron threads. Serve Hot.

Red Onion Salad

Small Red onion Sliced -1
Red wine Vinegar-----1tsp
Green Chilli Chopped—1
Salt-----1/4tsp

Mix all the ingredients well and garnish with Chopped Coriander leaves. Leave for 15 minutes. Serve at room temperature. Instead of Green Chilli, you can use Red Chilli Flakes too. (A Pinch)

1. Omit Green Chillies if less spice required
2. Cook 100 gm of Basmati rice in lots of water and then drain when almost cooked. Don't overcook. Or use vacuum packed cooked Tilda Basmati rice.
3. Kashmiri Chilli Powder is essential as it gives Colour but not as spicy as Chilli powder. Curry leaves are also recommended, adds flavour. Available from Indian Shop.