

Culinary delights  
with  
**PALM OIL**

**Fish Amritsari with mint sauce**



From the culture of Amritsar, Punjab, comes this wonderful snack of fresh fish fillets that are deep-fried in flavourful batter. The use of carom seeds in the batter allows for a fragrant, mild mint-like aroma to permeate into the meat, making it even more delicious than one might initially imagine. You may choose to substitute the carom seeds with cumin seeds for an earthy, nut-like flavour that is tinged with peppery undertones.

**INGREDIENTS**



**FOR FISH AMRITSARI**

500 g fish fillet, cut into thin slices

1 tsp + 1 tsp salt

1 tbsp lemon juice

1 tbsp ginger paste

1 tbsp garlic paste

1 tsp chili powder

250 g channa flour (chickpea flour)

1 egg, medium sized

1 tsp carom

150 ml water

Plain flour to dust fillets

Palm oil for deep frying

**METHOD**



**To make fish Amritsari.**

Place fish fillets in a bowl with 1 tsp of salt, lemon juice, ginger and garlic pastes, and chili powder. Mix to coat the fillets well. Set aside to marinate for half an hour.

In a separate mixing bowl, mix together channa flour, egg, the remaining salt, carom seeds, and water to form a thick batter.

Heat the palm oil to prepare for deep frying. Dust fillets with plain flour, tapping off any excess. Dip dusted fillets into the batter, then deep fry until golden brown. Drain the cooked fillets on absorbent kitchen towels. Serve hot with mint sauce.



## Fish Amritsari with mint sauce

### INGREDIENTS



#### FOR MINT SAUCE

200 g mint leaves, washed  
8 green chilies  
2 cm ginger  
1 onion, large  
200 ml yoghurt  
3 tbsp lime juice  
1/2 tsp sugar  
Salt to taste  
Enough water to smoothen the sauce

### METHOD



#### To make mint sauce.

Combine all the ingredients in a blender and process until smooth.