

## Fish Pulav recipe

### **Ingredients:**

2 mugs basmati rice  
1.5 cups of canola or corn oil  
2 lbs. of deboned Basa fish steak (you can use steak of other white fish eg. Whiting or king fish)  
1 tea spoon black salt  
4 long green chilies  
Half a cup of chopped green onion  
1 cup of coriander leaves  
1 tea spoon of ground cumin  
Half a tea spoon of ground nutmeg  
1 tea spoon of ground turmeric  
1 tea spoon of paprika  
1 tea spoon of cayenne pepper (optional)  
Half a cup of light soya sauce  
1 table spoon of dark sesame oil

### **Method:**

Put 2 mugs of rice in a pot and wash it about 3-4 times. Then add 4 mugs of cold water to it. Place it on the stove on high heat. Add to it half of the canola oil and half of the black salt and let it boil on high temperature and wait till the water evaporates to the level of rice, showing bubbles on the surface of rice. Reduce the temperature to low and wait.

Whilst the rice is boiling start cooking the fish side by side. This way the rice and fish would be ready to mix almost the same time.

Take another larger pot and put the remainder of the canola oil in it. Keep it on high temperature. When the oil heats up introduce all fish into the bowl and keep stirring for approximately 2-3 minutes. Now put the soya sauce and sesame oil in it. Stir it well and bring the temperature down to medium. Cover it with a lid and keep it for about 2-3 minutes. Now remove the lid and put in the balance of black salt, green onion, ground cumin, ground nutmeg, turmeric and paprika. Stir it well and cover it for about 5 more minutes on low heat. This way all spices will blend well with the fish.

Now put the rice in the pot with fish. Stir and blend it well with the fish. Mix all green chilies with the rice at this time. Keep the pot on low heat (# 1 on the control knob). Cover it up and let it cook for about 12-15 minutes. This will cook the fish pulav complete and it will be ready to serve. At this point mix the coriander. This way the coriander remains green and fresh.

Let the rice rest for a few minutes and serve. This fish pulav is liked by many people especially young children because it does not have bones in it. ENJOY.