

Bengali Fish Curry (Macher Jhol)

Ingredients

- 500g Rohu or Hilsa fish (cut into pieces)
- 2 medium potatoes, cut into wedges
- 2 medium tomatoes, chopped
- 2 green chilies, slit
- 1 teaspoon turmeric powder (divided)
- 1 teaspoon red chili powder
- 1 teaspoon cumin powder
- 1 teaspoon ginger paste
- 3 tablespoons mustard oil (or vegetable oil)
- ½ teaspoon nigella seeds (kalonji)
- 2 cups warm water
- Salt, to taste
- Fresh coriander leaves, chopped (for garnish)



Instructions

1. Prepare the Fish

- Rub fish pieces with ½ teaspoon turmeric and a little salt. Set aside for 10 minutes.

2. Fry the Fish

- Heat mustard oil in a pan until it smokes lightly. Shallow fry the fish pieces until lightly golden. Remove and set aside.

3. Cook the vegetables

- In the same oil, add nigella seeds and green chilies. Sauté for 30 seconds.
- Add potato wedges and sauté until slightly golden.

4. Make the Curry Base

- Add chopped tomatoes, ginger paste, remaining turmeric, red chili powder, and cumin powder. Cook until tomatoes soften and oil separates.

5. Simmer the Curry

- Pour in 2 cups of warm water. Bring to a boil and let the potatoes cook until tender.

6. Add Fish & Finish

- Gently add fried fish pieces to the curry. Simmer for 5 minutes so flavors blend.
- Adjust salt as needed.

7. Serve

- Garnish with fresh coriander and serve hot with steamed rice.

