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Shorshe Ilish Recipe



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A Bengali Culinary Delight: Rimi Didi's Mustard Hilsa Fish Recipe By Sanjana

A Reporter's Culinary Adventure

As a reporter with a deep-seated love for cultural stories, the opportunity to visit Rimi Didi's home was an exhilarating prospect. Renowned for her exceptional Bengali cuisine, Rimi Didi was about to share with me a recipe that promised not just exquisite flavors but a rich tapestry of history and tradition.

The moment I stepped into her warm and inviting Bengali home, I was greeted by an enticing medley of spices and the tantalizing promise of a sumptuous meal. The air was thick with the aromas of Bengali cuisine—a cuisine celebrated for its passionate embrace of fish. Today, I was about to experience this culinary passion firsthand.

The Allure of Bengali Cuisine

“Welcome, Sanjana! Today, I'm thrilled to share a recipe that's very dear to me,” Rimi Didi greeted me with heartfelt enthusiasm. “It's a cherished Bengali classic—Hilsa fish cooked in Ganesh mustard oil, known as 'Shorshore Ilish Maach.’”

The Hilsa fish, or 'Ilish,' is often considered the crowning glory of Bengali cuisine. Its delicate, buttery texture and rich, nuanced flavor make it a standout in Bengali culinary traditions. Rimi Didi revealed that this recipe, passed down through generations, encapsulates the essence of her family's culinary heritage.

The Legacy of Ganesh Mustard Oil

As we embarked on our culinary journey, Rimi Didi shared fascinating insights into her family's cooking traditions. "In our home, Ganesh Marka Mustard Oil has always been our secret ingredient. Its distinct aroma and flavor have been a part of our cooking since childhood," she reminisced. "This mustard oil imparts a unique depth to our dishes."

Ganesh Marka Mustard Oil, known for its high-quality mustard oil, is a staple in Bengali kitchens. Its rich, aromatic profile is integral to the authentic taste of Rimi Didi's recipes.

Gathering Ingredients

We prepared the essential ingredients:

Hilsa Fish: 500 grams

Kal Jeera (Nigella Seeds): ½ teaspoon

Green Chilies: 5-7

Ganesh Marka Mustard Oil: As needed

Spices: Turmeric powder, red chili powder, and mustard powder

The preparation was straightforward, yet every step required attention to detail to achieve the perfect blend of flavors.

Crafting the Hilsa Fish

Cleaning and Marinating: Rimi Didi meticulously cleaned the Hilsa fish, ensuring it was spotless. She then marinated the fish with turmeric powder, salt, and a generous drizzle of Ganesh Marka Mustard Oil. "Marinating is key to infusing flavors," she explained. "Let it rest for about 10 minutes."

Heating the Pan: With the fish marinated, we heated the pan. Rimi Didi noted that no additional oil was needed because the fish was already oiled. She placed the marinated fish in the hot pan, allowing it to develop a crispy, golden crust. "Frying the fish first helps mellow the strong aroma of Hilsa," she shared.

The Ganesh Marka Mustard Oil Base

Creating the Ganesh Mustard Oil Base: Once the fish was perfectly crispy, Rimi Didi set it aside and started on the Ganesh mustard oil base. She added a few spoonfuls of Ganesh Marka Mustard Oil to the pan, incorporating the flavorful remnants from frying. "This way, the oil absorbs all the delicious essence of the fish," she explained. **Frying the Spices:** Into the fragrant oil, she added kal jeera and green chilies, filling the kitchen with a captivating aroma. Next came the spice mix—turmeric powder, red chili powder, and mustard powder.

“The magic of a great mustard fish curry lies in the spices and the oil,” she said with a knowing smile.

Creating the Gravy

Adding Water and Cooking: Rimi Didi heated water separately, then added it to the spiced oil, creating a rich, luxurious gravy. “We cook the spices first to deepen their flavors, then add water to form the gravy,” she explained, stirring occasionally to ensure a perfect blend.

Simmering the Fish: The crispy Hilsa fish was gently placed back into the pan, allowing it to simmer in the mustard-infused gravy for about 10 minutes. “This lets the fish absorb all the delightful flavors,” she said, adding a touch more salt for seasoning.

Final Touch: As a finishing touch, Rimi Didi drizzled a final layer of Ganesh Marka Mustard Oil over the dish. “This last drizzle adds a divine fragrance and a touch of richness,” she explained.

The Joy of Bengali Cooking

As the dish was plated, the vibrant yellow gravy and crispy fish were a feast for both the eyes and the palate. The Ganesh Brand mustard oil lent a bold, comforting depth to each bite, making it a truly unforgettable experience.

Rimi Didi’s love for Bengali cuisine was evident in every step of the preparation. Her stories of family traditions and the significance of Ganesh Marka Mustard Oil made the dish even more special.

A Culinary Legacy

In Bengali culture, food is more than sustenance; it’s a celebration of connection, tradition, and love. Rimi Didi’s Hilsa fish recipe embodies this rich culinary heritage. The use of Ganesh Marka Mustard Oil highlights how the right ingredients can elevate a dish and preserve cultural traditions. This recipe serves 3-4 people, making it perfect for a family meal or a small gathering.

As I left Rimi Didi’s home, I felt deeply enriched by the experience. The blend of storytelling and cooking offered profound insights into Bengali cuisine and the joy embedded in every meal. For anyone eager to explore authentic Bengali cooking, Rimi Didi’s Sarson-er Ilish Maach is a stellar starting point—a dish that captures the heart of Bengali culinary traditions and the joy of sharing a meal with loved ones.