



Saugus TV What's Cookin' with Mona

Talli Ve Machi and Mattar Pulao (18 ingredients, Fried Fish with Green Pea Pilaf)

Talli Ve Machi (Fried Fish)

- 1 1/2 pounds **tilapia fish** fillets (we used boneless skinless fish fillets and cut them into about 4 inch pieces, you may use any fish and leave skin and bones in, wash before putting batter on)
- 1/2 cup **tamarind** juice (we made the tamarind juice by taking about two inches of dried tamarind and soaking it in 1/2 cup water for about 10 mins, then strained and used juice)
- Juice from 1 **lime** (can also use lemon, medium sized is needed)
- 1/2 cup **besan** (also known as gram flour, split chickpea flour)
- 1 teaspoon **salt** (use as much as desired)
- 1/2 teaspoon **red chili** powder (use less if don't want too much heat)
- 1 tablespoon **coriander** powder
- 1 teaspoon **turmeric** powder
- 1 teaspoon **cumin** powder

- 1 cup **oil** (we used canola, you can use any, like olive, corn, vegetable, etc. Also, use as much as desired, you can also bake and air fry this fish)
- 1/2 teaspoon **ajwain** seeds
- 1 teaspoon **garlic** paste (you can also use 1/2 teaspoon garlic powder or grind 2 cloves of garlic)

In a bowl, mix in tamarind juice, lime juice, salt, red chili powder, coriander powder, turmeric, cumin, ajwain, and garlic paste. Then add in besan and this will create a batter. Then put batter on individual fish pieces and set aside to marinate for about 15 minutes. In the meantime, pour oil into skillet and let it heat on medium to high heat. When the oil is hot and you can test by putting a little part of the batter to see if it sizzles, put some pieces of fish in, try not to overcrowd the pan. Cook on both sides for about 8 to 10 minutes until crispy brown. Then transfer cooked fish on a plate with paper towel, this will help soak any excess oil.

Mattar Pulao (Green Pea Pilaf)

- 3 cups **rice** (we used basmati rice, washed and strained it)
- 3 cups **water**
- 1 medium sized **onion** (we peeled, washed, and chopped onion into 1/2 inch pieces)
- 1/2 cup **oil** (we used canola oil, you may use any oil and use as much as desired)
- 10 – 15 whole **black peppercorns**
- 8 – 10 green **cardamom** pods
- 2 teaspoons **salt**
- 1 1/2 cups **green peas** (we used frozen green peas, you can use fresh or canned too, and can also instead use canned chickpeas or other frozen vegetable blends)

In a pot, pour in the oil and onions and sauté until light brown, this will take about 10 to 15 minutes on medium to high heat. Then add water, salt, black peppercorns, cardamom, green peas, and rice. Stir and cover pot partially and cook on medium to high heat until water evaporates, which should be about 10 to 15 minutes. Once the water has evaporated, reduce heat to low and cover pot completely and let it cook for another 10 to 15 minutes. Once ready, use a fork to gently loosen the rice and then serve and enjoy!

If you have any questions on this recipe or methods, please reach out! Hope you enjoy making this delicious fish paired with a pilaf recipe, Enjoy!

Mona