



AuthenticRecipe

Tandoori Fish Tikka

<i>Ingredients</i>	<i>serves 4</i>
<i>Preparation time</i>	<i>15 mins</i>
<i>Cooking time</i>	<i>15 mins</i>



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FOOD COMPANY™

Ingredients :

500 gm Salmon fish or any firm white fish.
1 teaspoon Salt
1 teaspoon Turmeric powder

Marinade :

50ml Natural yoghurt
2-3 Cloves of garlic , peeled
½ inch Piece of ginger . peeled
3gm Red chilli powder
2gm Cinnamon powder
2gm Green cardamom powder
1 Tablespoon Rapeseed oil
5gm Garam masala powder

METHOD

- Cut fish into serving portions (cube if you are planning to cook it on skewers), wash and dry on kitchen towels. For a dinner menu, you can keep the fillet whole.
- Rub salt and turmeric into fish and leave for 30 minutes or so.
- Place all the marinated ingredients in a food processor and grind to a fine paste.
- Cover fish pieces in this paste and marinate for a few hours or keep overnight in a fridge or an airtight container.
- Place fish in an ovenproof dish and bake in a hot oven at 200-220°C or 400-425°F for 10-15 minutes. Fish should flake when touched gently with a knife.
- Serve hot, garnished with fresh coriander leaves or dill with slices of lemon and green chutney.