

Bengali Bhetki Paturi Recipe

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Bhetki Paturi and Gorom Bhaat = Jhajhalo Bhalobasha (Love with a hint of spice) for Bengalis everywhere. [Sunrise Posta Whole Spice](#) (Whole Poppy Seeds) and [Sunrise Mustard Yellow Whole Spice](#) allow you to create this spicy favourite anywhere.

Please note that this is an extremely simple dish that can be prepared in 30 minutes. Some of the ingredients might not be readily available in some households, so we will offer specific tips that will allow you to prepare this dish easily.

Sunrise Fact Check: There is some debate about this dish's Bengali roots. Certain historians credit the Parsis and point out that the Bengali Paturi is a rendition of the Patraani Macch. Not picking sides, we can vouch that the ingredients used in this dish make it essentially Bengali and its popularity has made it a staple in most Bengali weddings.

Let's Get Started

Ingredients

Bhetki Fish Boneless Fillets - 500g
Sunrise Mustard Yellow Whole Spice - 25g
Sunrise Posta Whole Spice - 1 tbsp
Sunrise Red Chilli Powder - 1 tsp
Sunrise Turmeric Powder - 1 tsp


Salt
Shorsher Tel (Mustard Oil) - 3 tbsp
Fresh Banana Leaf
Tok Doi (Yoghurt) - 1 tbsp
Green Chillies

 **Sunrise tip:** You can use Basa Fillets instead of Bhetki Fillets.

The Prep

The Mustard Paste

Soak the whole mustard for over an hour. Strain it and grind it along with the green chillies. The number of chillies depends on your ability to handle spice. Make a basic paste that is not runny and sticks to the fish fillets.

 **Sunrise Tip:** Ensure that your paste is a little coarse.

The Posta Paste

Make poppy seed paste by soaking the whole posta and grinding it.


The Marinade

Marinate the fish in two steps. Coat the fish fillets with salt, turmeric powder, and red chilly paste and let them rest for 10 minutes. Drain the excess water from the fish and marinate the fish fillets with yoghurt, poppy seed paste, 2 tbsps of mustard oil, and mustard seed paste. Leave the marinade for a maximum of 30 minutes.

The Banana Leaf

Run the Banana leaves over a flame to make them easily foldable, but ensure they don't burn. Cut them into sheets big enough to wrap the marinated fish in. You can use kitchen twine to hold things together.


Wrapping the Fish: Take a sheet of banana leaf and coat it with a dash of mustard oil. Place a slit green chilly and place a piece of the marinated fish fillet on top of the green chilly and wrap it up to ensure the fish stays intact inside it.

 **Sunrise tip:** Shallow frying your potatoes allows you to give them a bit of colour. You can coat them with a dash turmeric and salt before frying them.

The Cooking Process

Before starting, remember that each step needs due time, and it's best not to rush things.

- Take a flat-bottom frying pan and brush it with Mustard oil.
- Once the pan gets heated, place the banana leaf-wrapped fish fillets.
- Cover the pan using a lid and cook on the lowest heat setting on your stove for 8 - 10 minutes
- After 10 minutes, flip the fish wrap and cook for another 5 to 6 minutes

 **Sunrise tip:** Alternatively, you can use a steamer or an oven. Look up specific timings to stop the fish from drying out.

Sunrise Taste Check

Bengali Bhetki Paturi equates to comfort food on a lazy summer afternoon. Serve it with steaming white rice or pair it with Bengali *Basanti Pulao*.