

Fish Fry Recipe

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In Kolkata, the fish fry is a distinctive dish woven into daily life and special occasions. It is the highlight of a satisfying Sunday evening and is a key marker of a successful wedding celebration. With its crispy, coated exterior and tender, succulent interior, fish fry delivers a burst of flavours and textures that Bangalees simply cannot do without.

The perfect fish fry at home might seem daunting, but it is quite easy once you have mastered the basics. To make the job easier, [Sunrise Garam masala](#) powder is always to the rescue to help you achieve the perfect marinade. The [Sunrise Black Pepper](#) powder accompaniment will further help imbue flavour layers into the succulent fillets, making the fish fry recipe an instant hit!

Let's get started.

Sunrise Fact Check: Although the fish fry is known as a cutlet elsewhere, the distinctive name associated with the crumb-coated dish is unique to Kolkata.

Let's Get Started

Ingredients

2 to 3 pcs of Fish Fillet (150 g each)
1 Lemon
1 tbsp Sunrise Ajwain
1 tsp Sunrise Black Pepper Powder

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1 Lemon
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3 tbsp Onion Paste
Refined Oil
Salt
Water


For the Coating

Corn Flour
Egg
Breadcrumb
Salt

How to Prep the Fish Fry


Marination

- Take the fish fillets in a bowl.
- Add water to the bowl.
- Add salt to the water.
- Add the juice of 1 lemon.
- Let the fish soak for 20 minutes.
- In another bowl, add 15 ml of mustard oil.
- Add 3 tablespoons of onion paste.
- Add 2 tablespoons of ginger-garlic paste.
- Add 1 tablespoon of green chilli paste.
- Add black pepper powder to taste.
- Add salt to taste.
- Add 1 teaspoon of finely chopped parsley.
- Add 1 tablespoon of Sunrise Ajwain.
- Mix the marinade ingredients well.
- Remove the fish fillets from the water.
- Marinate the fish fillets with the prepared mixture.
- Keep the marinated fish fillets for 2 hours.

 **Sunrise tip:** Lightly oil the tray to prevent the marinade from sticking to the tray at this point.

The Cook

- Coat each fillet properly with corn flour and egg.
- Coat them again in the breadcrumbs.
- Heat the oil and carefully place the coated fish fillets into the hot oil.
- Fry until golden brown and crispy.
- Season well, and serve hot.

 **Sunrise tip:** Using rusk biscuits (seasoned with salt and pepper) instead of the breadcrumbs gives the fish fry an extra layer of sweetness, which contrasts well with the spicy, tangy marinade.

Sunrise Taste Check

Served with a full-course meal or enjoyed as a delectable evening snack, mastering this delicious, savoury dish can be a lifesaver during parties or to brighten up a special family meal. Crispy fish fries are best enjoyed with a side of pungent kasundi (mustard sauce) and some cucumbers and onions, cut up into thin slices and seasoned with salt.

Video Link

https://www.youtube.com/watch?v=sMc_XXyPP7A