

METHOD OF PREPARATION - APOLLO FISH

VERY IMPORTANT: No need to add Salt, Red chilli, Ginger, Garlic or anything else apart from the ingredients given below. Increase all quantities proportionally for serving more than 5 persons. Follow instructions given below as it is for best results.

Ingredients Required for 5 persons.

Skinless Fish – Medium Pieces (Preferably Boneless)	1/2 kg / 1 lb
Egg White Only	1
Whole Green chilies	15
(For more hot preparation use 10 whole and 5 sliced Green Chillies instead of above)	
Cooking oil	Enough for deep frying Fish
Curry Leaves	60 to 70 leaves – 6 twigs
Cilantro/Kothmir/Hara Dhanya	1 Small bunch / 10 twigs
Mint leaves/Pudina	1 Small bunch / 10 twigs
Ustad Banne Nawab's Hyderabad Apollo Fish Masala	1 packet

STEPS OF COOKING:

1. In a bowl mix fish thoroughly with only One Tablespoon water, entire masala of pouch # 1 and One egg white only without the yolk and marinate for one hour.
2. In a kadai (wok), heat enough oil for deep frying fish.
3. Put fish pieces one by one into the heated oil and **on medium flame, deep fry till fish becomes golden brown.** Remove and allow pieces to cool down.
4. Mix entire ingredients of pouch # 2 in 45 ml / 3 Tablespoons of water, **thoroughly** into a fine paste and keep aside.
5. Transfer oil left over after frying fish into a bowl leaving only 3 tablespoons in the kadai (wok), heat it, add green chilies and fry for 2 to 3 minutes. Add curry leaves and let them splutter for a minute or so. Now add Cilantro/Kothmir/Hara dhanya, Mint leaves/Pudina, entire fish and masala paste of pouch # 2, mix thoroughly and stir fry for about 3 to 4 minutes. **Serve hot.**