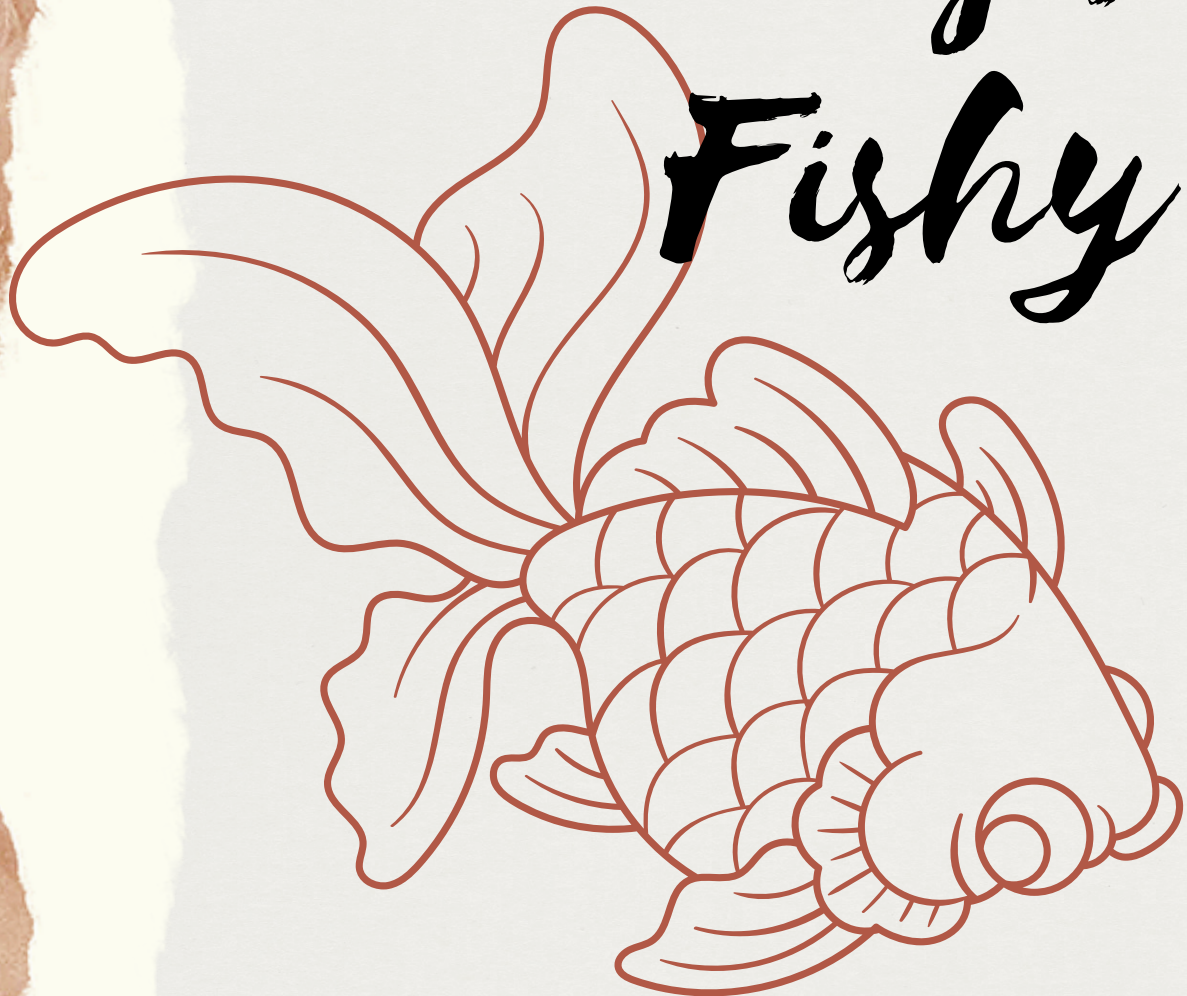


MIT\_MAHE

# Something's Fishy



# Bioaccumulation

Methylmercury is absorbed into the body about six times more easily than inorganic mercury. In general, more than 90% of the mercury in fish is found as methylmercury. Methylmercury biomagnifies through the food chain as predators eat other organisms and absorb their food sources' contaminants.

As a result of bioaccumulation, an individual who consumes plants/prey contaminated with methylmercury will acquire levels greater than in either its habitat or its food.

Hence, top predators acquire greater body concentrations of mercury than the fish they consume through biomagnification.

To limit human exposure to organic and inorganic mercury from contaminated fish, various government departments have issued fish consumption advisories. Compared to MeHg, elemental mercury is found to have no significant toxicological effects after ingestion in a healthy person because the metal species is poorly absorbed in the gastrointestinal tract, at less than 0.01%.



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Less than 0.09 Parts Per Million (PPM)

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From 0.09 to 0.29 Parts Per Million (PPM)

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## 03 HIGH METHYLMERCURY CONTENT

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Above 0.3 Parts Per Million (PPM)

Sura Puttu      Goan Fish Curry      Salt Baked Fish



## DIRECTIONS

1. Soak the mustard seeds for 2 hours and turn into a paste.
2. Make a fine paste from the shredded coconuts.
3. Slice the fish in two equal pieces of 3 cm thickness.
4. Add the fish to a tiffin, 1 piece at a time and coat it with mustard paste, coconut paste, poppy paste, turmeric, salt & sugar.  
*Tip! Use your hands to make sure every part of the fish, including its cavities, is well coated.*
5. Slit four green chillies and place them on the ilish pieces.
6. Fasten the tiffin lid and set the fish aside to marinate for 15 mins.  
*a. You could also seal the top with thick aluminium foil*
7. Slit four red chillies and place them on the ilish pieces.
8. Add some water in a pan and place a stand on it. Once the water has come to a boil, place the tiffin on the stand.
9. Cover the pan and steam the fish on medium heat for 15 mins
10. Remove from the pan and allow it to rest for another 5 mins before serving.

## INGREDIENTS

- 200 g hilsa fish
- 30 g mustard seeds (brown+yellow mixed)
- 4 pcs green chillies
- 4 pcs red chillies
- 20 g coconut (peeled)
- 15 g poppy seeds (paste)
- 1 to 2 tsp. salt
- 1/4 tsp. sugar
- 1/4 tsp. turmeric powder
- 20 g mustard oil



*Ilish Bhapa*

## HILSA FISH (HERRING) STEAMED IN MUSTARD SAUCE

Credits: Subashree Sarkar

# Patla Ni Machi

## BANANA LEAF STEAMED POMFRET

Credits: [www.archanaskitchen.com/](http://www.archanaskitchen.com/)

### INGREDIENTS

- 3 Pomfret fish
- 1 cup coriander leaves
- 1 cup mint leaves
- 5 pcs green chillies
- 8 garlic cloves
- 1- 1/2 tsp. cumin seeds
- 1/2 cup grated coconut
- 1 tsp. sugar
- 2 tsp. salt
- 1 tsp. lemon juice
- 1 banana leaf

### DIRECTIONS

1. Into a blender add the coconut, coriander leaves, mint leaves, green chillies, cumin seeds, 1 tsp. salt, sugar and lemon juice and blend into fine thick paste.

**Tip!** You need not add any water, make sure your paste is fine and thick

2. Clean the fish. Make small slits on the fish on both sides. Smear good amount of green chutney on both the sides of the fish.

3. Place a steamer with little little water on heat.

4. Now take pieces of banana leaf and place it on steamer for about a minute on each side then remove it

**Tip!**

**This helps the banana leaf to become soft and easy to fold without breaking or tearing.**

5. Place the fish on the banana leaf now and then fold it on all four sides to make a parcel.

6. Place the wrapped banana leaf on steamer and steam for about 10 to 14 minutes until the fish is cooked through.

7. Once done remove the fish from the steamer, carefully unwrap the banana leaf and transfer the steamed fish onto a serving plate and serve immediately along with steamed rice.



## DIRECTIONS

1. Remove the skin from the salmon steaks.
2. Zest the citrus fruits and mix them with the olive oil.
3. Heat the oil to 60°C with the citrus zest and season with 4 tsp of red chilli. Then place the salmon steaks in the oil-filled tray
4. Remove the tray when the core temperature reaches 44 ° C.
5. Leave the salmon in the oil until serving.
6. Collect the juice of 1/2 lemon and mix it with the olive oil. Season with salt and red chilli powder, then set aside.
7. Cut all the vegetables into thin strips using a mandolin, then mix them with the arugula.
8. In the center of a plate, dress a salad dome and season with vinaigrette. Drain the salmon steaks, then season them and place them on the salad.

## *Salmon Confit à l'Huile d'Olive*

### **SALMON CONFIT WITH OLIVE OIL AND CITRUS FRUITS, CRUNCHY VEGETABLE SALAD**

Credits: [www.atelierdeschefs.fr](http://www.atelierdeschefs.fr)

## INGREDIENTS

- 6 pcs Salmon steaks (150 g)
- 30 ml Olive oil
- 1 yellow lemon
- 1 1/2 green lime
- 1 whole pink grapefruit
- 8 tsp. red chilli powder
- 2 onions
- 3 carrots, peeled (keep the tops)
- 1/2 bunch red radish
- 150 g aragula
- 8 ml olive oil
- 2 tsp. salt



the Great Basket and fell in love with it.  
to rebuild the village as a holiday

# 鮭飯

## Tekkamaki Rolls

### TEKKAMAKI TUNA SUSHI ROLL

Credits: thespruceeats.com

#### INGREDIENTS

- 4 sheets of nori (dried seaweed, cut in half)
- 4 ounces of sushi grade tuna
- 6 cups sushi rice (prepared)

#### DIRECTIONS

1. Cut the nori in half to 4 by 7 1/2 inches.
2. Cut tuna into thin and long sticks 1/2 inch thick and 7 1/2 inch long
3. Put the bamboo sushi mat on your work surface with the bamboo slats left to right, so you can roll the mat away from you.
4. Put a nori sheet on top of the bamboo mat (makisu) with one of the seaweed's long side close to the front edge of the sushi mat. (edge near you)
5. Spread about 3/4 cup of sushi rice on top of the nori sheet.
6. Place tuna horizontally on the rice.
7. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder. Roll from the front end of the map guiding with the sushi map toward the other end.
8. Tighten the rolls, pulling the mat to tighten, and pressing the bamboo mat firmly.
9. Remove the roll from the mat
10. Cut the rolled sushi into bite-size pieces.  
*Tip! Wipe a knife with a wet cloth before slicing sushi.*
11. Serve right away with soy sauce and wasabi.



Sushi-grade fish are caught quickly, bled upon capture, gutted soon after, and iced thoroughly. This method matters a lot. A piece of fish can be perfectly good to eat cooked but very nasty to eat raw.

# Fish & Chips

## DIRECTIONS

1. Heat 3 inches of oil in a deep fryer to 162 °C
2. Peel the potatoes and cut them into chips about the size of your index finger.
3. Put the potatoes in a fryer basket and lower into the oil. Fry the chips for 2 to 3 minutes.  
*Tip! They should not be crisp or fully cooked at this point*
4. Crank the oil temperature up to 190°C.
5. In a large mixing bowl, combine the flour, baking powder, salt and pepper.
6. Combine soda water and egg and pour into the flour mixture. Whisk to a smooth batter.
7. Spread the rice flour on a plate. Dredge the fish pieces in the rice flour and then dip them into the batter, letting the excess drip off.
8. Put the chips in the bottom of the fryer basket and carefully submerge in the hot oil.
9. Carefully lower the battered fish into the bubbling oil on top of the chips.
10. Fry the fish and chips for 4 to 5 minutes until crispy and brown.
11. Remove the basket and drain the fish and chips on paper towels; season lightly with salt.
12. Serve with malt vinegar and/or tartar sauce.

## BRITISH POTATO AND COD FISH CHIPS

Credits: [www.foodnetwork.com](http://www.foodnetwork.com)

## INGREDIENTS

- Vegetable oil, for deep frying
- 3 large russet potatoes
- 2 cups rice flour
- 1 tbsp. baking powder
- 3 tsp salt, plus more for seasoning
- 1/2 tsp. freshly ground black pepper, plus more for seasoning
- 1 can soda water
- 1 large egg, lightly beaten
- 2 cod fillets (250 g), cut in 1/2 on an angle
- 1/2 cup rice flour, for dredging
- Malt vinegar



# Grilled Monkfish

## GRILLED MONKFISH TAIL WITH ROSEMARY, GRILLED VEGETABLES AND MUSTARD SOUR CREAM SAUCE.

Credits: [www.faroese seafood.com/](http://www.faroese seafood.com/)

recommended by the Official Tourism Office of the Faroese Islands

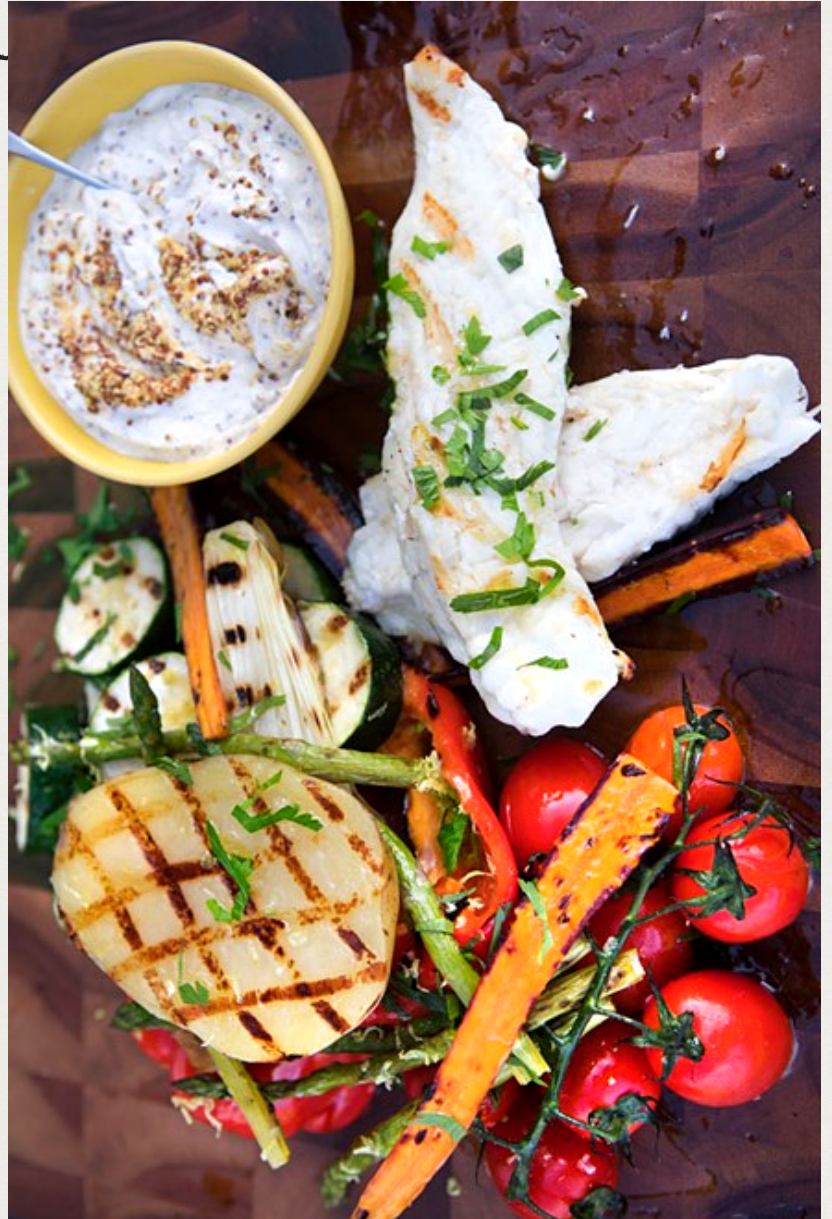
### INGREDIENTS

- 2 fillets of monkfish tail (2 x 300–400 gr.)
- 6 sprigs of fresh rosemary
- 2 large potatoes (pre-boiled)
- 1 courgette
- 1 eggplant
- 1 red bell pepper
- 8 large ripe cherry tomatoes
- 8–10 green asparagus
- 4 medium size carrots (pre-boiled)
- 1–2 cloves of garlic
- 200 ml. of sour cream 36%
- 1 tbsp of whole grain mustard
- A small handful parsley, chopped
- 1 lemon –both zest & juice
- Salt
- Olive oil



# DIRECTIONS

1. Heat up the grill.
2. Tie the monkfish fillets and rosemary sprigs together with string. Two sprigs per fillet.  
*Save two rosemary sprigs for the vegetables.*
3. Rub olive oil and a drizzle of salt onto the fish and let it marinate while you chop the vegetables.
4. Cut the potatoes in half and leave the skin on.
5. Cut the bell pepper into quarters, take out the core and seeds.
6. Cut the courgette and eggplant into thick slices 1–2 cm thick.
7. Snap off the hard woody ends of the asparagus.
8. Cut the carrots in half.
9. Put the vegetables into a bowl.
10. Peel the leaves off the rosemary sprigs, chop the rosemary and garlic, and add it to the vegetables.
11. Add salt and olive oil and the zest of a lemon and mix, so the vegetable are coated.
12. Place the fillets and vegetables on the grill and put the lid on. Turn after a few minutes– around 5 minutes on each side.  
*Tip! Brush the fish and vegetables with olive oil while grilling; this will add juiciness.*
13. After grilling, let the fish rest for a few minutes
14. Finely chop the parsley. Mix the parsley, mustard, juice of a lemon and a pinch of salt into the sour cream to make the sauce.
15. Remove the string and the rosemary sprigs from the fillets and cut the fillets in half.
16. Plate the monkfish with the vegetables and a nice big dollop of the sauce, and drizzle with a bit of olive oil.



# Goan Fish Curry

## SURMAI (KING FISH) FISH CURRY

Credits: Nivedita Kolekar

### DIRECTIONS

1. Put cuts on the fish on both sides.
2. Marinate the fish in tamarind chutney, turmeric and salt.
3. Grind the coconut, chillies, coriander seeds, cumin seeds, pepper corns, garlic, ginger and onion into a fine paste.
4. Take a wok/ kadai and heat 2 tbsp coconut oil.
5. Add mustard seeds followed by the spice paste mix made in Step 3. Mix well and let it cool for 5–10 mins on low flame.
6. Once the oil starts surfacing on top of the curry, add little water, turmeric pulp, salt and let it boil.
7. Delicately, add the marinated fish and cover the vessel to let it cook on low flame for 2 mins.  
*Tip! Do not try to turn the fish as it may break.*
8. Garnish with coriander leavers.
9. Serve the curry with hot steamed rice.

### INGREDIENTS

- Surmai fish
- 1/2 cup grated coconut
- 4–5 warm water soaked red chillies
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp pepper corns
- 2 tbsp coconut oil
- 3 garlic cloves
- 1/2 inch ginger
- 1/2 onion (sliced)
- 1/4 tsp. turmeric powder
- Salt to taste
- 1/2 cup tamarind soaked in water
- 1/2 tsp mustard seeds



Credits: Vinil Tendulkar

## DIRECTIONS

1. Double-line a baking tray large enough to fit the fish on with baking parchment or oiled foil.
2. Whisk the egg whites until soft peaks form, then mix with the salt. Now you want to cover the fish in the salt mix to make an "oven".
3. Put around a third of the salt mix on the baking tray then put the fish on top.
4. Tuck the thyme in the cavity.
5. Spread the rest of the salt mix over the fish so it's covered.
6. You can now leave it in the fridge for a few hours until you are ready to bake it.
7. To cook, heat the oven to 200C and let it cook for around 30 mins.

Tip! If you want to check, you should be able to insert a metal skewer through the hard crust and straight through the fish.

8. To serve, break the crust — it will come off in big chunks. Pull off the skin, fillet the top layer of fish, remove the main bone and head, then take the rest of it from the bone.

## INGREDIENTS

- 1 whole sea bass, gutted but not scaled
- 500–600g coarse rock salt (depending on the size of your fish)
- 3 egg whites
- a bunch of fresh lemon thyme



*Branzino*

*al Sale*

**SALT-CRUSTED  
SEA BASS**

Credits: [www.womanandhome.com](http://www.womanandhome.com)

# Sura Puffa

## SHARK SCRAMBLE

Credits: [www.simpleindianrecipes.com](http://www.simpleindianrecipes.com)

### INGREDIENTS

- 500 g shark
- 2 onions
- 3–4 green chillies (slit)
- 1 inch ginger (grated)
- 4 tbsp. coconut (grated)
- 1/4 bunch coriander
- 1 tsp. coriander powder
- 1/2 tsp. red chilli powder
- 1 to 2 tsp. salt
- 1/4 tsp. cumin seeds
- 1/4 tsp. mustard seeds
- 2 pcs curry leaves
- 1/2 tsp. turmeric powder
- 2 tsp. oil

### DIRECTIONS

1. Clean the fish and cut it into pieces
2. Boil 1/2 cup of water in a pan and add salt, turmeric powder and the fish fillets.
3. Cook just until the flesh turns opaque and the fish is cooked.
4. Carefully remove the fish pieces and leave to cool.
5. Separate the meat from the skin and bones.
6. Scramble the meat and mix the red chilli powder, coriander powder and turmeric powder.
7. Heat oil in a pan and crackle the mustard seeds. Add the chopped onions, green chillies, ginger, cumin seeds and curry leaves.
8. After a couple of minutes, add the shredded fish mixture and salt to taste.
9. Stir fry on medium flame for 5 minutes.
10. After all the moisture evaporates, add the grated coconut and fry till it gets slightly roasted.
11. Garnish with chopped coriander leaves and switch off the stove.
12. Serve with steamed rice and curry.



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**HAPPY COOKING!**

Hope you enjoy making these delicious  
fishy recipes from around the world.