

Garlic Paste Lehsuni Machhi Tikka

Ingredients

Bekti /Sole Fillet	1 kg
Lemon juice	90 ml
Farmer Brands Garlic Paste.....	80 gms
Ghee.....	60 gms
Hung Curd.....	200 gms
Farmer Brands Ginger paste.....	20 gms
Farmer Brands Garam Masala	5 gms
Kasoori Methi.....	2 gms
Ajwain	5 gms
Mustard Oil.....	70 ml
Gram Flour	50 gms
Salt to taste	
Turmeric	3 gms

Preparation

- The Fish – clean and cut into 2' cubes, pat dry. Sprinkle with 60 ml Lemon Juice, Salt, 20 gms of Farmer Brands Garlic Paste and Marinate for 10 mins.
- The Yoghurt – take about 1 kg yoghurt and hang it in a muslin cloth for 8 hrs in cool temp.
- The Paste- heat mustard oil in a pan, add besan and fry it for 5 mins on simmering heat, add turmeric powder & remaining Farmer Brands Garlic Paste till the paste is cooked.
- The Marination – Mix well the Hung curd, paste, and remaining lemon juice along with salt and spices. Leave the Fish cubes in the marinade for 2 hrs.
- The Skewering- Remove the tikka from the marinade one at a time and skewer them at least an inch apart, keep a tray underneath to collect the drippings.

Cooking

- Roast in a moderately hot Tandoor for 4-5 minutes. Remove and hang the skewers for 3-4 minutes to allow the excess moisture to drip off. Baste with ghee and roast again for 1-2 mins.

To Serve

- Remove the Tikka from The Skewers, arrange on a serving platter, garnish with lemon wedges and serve hot.

