

# Assamese Delicacies

Sumon Bordoloi

## Bilahi Bengena Tenga Anja

### Ingredients:

250 gms ripe tomatoes, chopped into small pieces  
500 gms fish, cut into pieces  
100 gms cooking oil  
1 tsp fenugreek seeds  
2 green chillies, slit  
2 tbs lime juice  
2 tsps turmeric powder  
salt to taste

Rub the fish with salt and the turmeric powder and allow to stand for 15 minutes. Heat the oil and deep fry the fish, drain and keep aside. Splutter the fenugreek seeds and add the green chillies. Stir in the tomatoes, turmeric powder and salt. Stir-fry till the tomatoes dissolve. Add 1/2 cup of water and bring to the boil. Simmer till the curry thickens. Add the fried fish and simmer for a couple of minutes. Remove and add the lime juice. Garnish with chopped coriander leaves and serve with rice.

Serves Four

## Paror Anja (Pigeon curry)

### Ingredients:

3 pigeons, quartered  
2 tomatoes, chopped  
4 onions  
12 flakes of garlic  
1 tsp turmeric powder  
2 tsps chilli powder  
2 tsps coriander powder  
250 gms curd  
1-inch piece ginger  
1 tsp garam masala  
100 gms oil  
salt to taste

Prick the flesh of the birds all over with a fork. Heat half the oil in a frying pan and add 1/2 tsp garam masala. Add the meat pieces and brown them on both sides. Lower the flame and cook until the meat becomes tender. Make a paste of the onion, garlic and ginger. Remove the cooked pieces of

meat onto a dish. In the remaining oil, fry the onion-garlic paste, add the turmeric, chilli, and coriander powders and salt. Stir well. Stir in the tomatoes. Add the cooked meat pieces and curd, with 1 cup of hot water. Bring to the boil and simmer for 15 minutes till the curry thickens. Sprinkle 1/2 tsp garam masala on top and serve hot with rice.

Serves Four.



Enjoy!

*Sumon Bordoloi, Senior Sales Executive with Hi-Choice Tea Establishments, Dubai, hails from Jorhat. Cooking is his hobby and he has treated the Assamese Community in UAE to mouth-watering ethnic Assamese dishes on many occasions during the community celebrations.*

