

Desi Bihari Style Rohu Fish Curry

Make authentic Desi Bihari Style Rohu Fish Curry with mustard oil, fresh aromatics, tomatoes, and spices. Serve this flavorful homemade fish curry with hot steamed rice.



Prep time
15 minutes

Cook time
30 minutes

Total time
45 minutes

Servings
4

Calories
550 kcal

Ingredients

Rohu Fish	1 kg
Turmeric Powder	1 tsp
Salt	1 tsp or to taste
Lemon Juice	Juice of 1 lemon
Kashmiri Red Chilli Powder	1 tsp
Mustard Oil	150 g
Ginger	3-4 pieces
Green Chillies	3-4
Garlic Cloves	7-8
Onions	2, chopped

Tomatoes	3
Fish Masala	2 tbsp
Fresh Coriander	As required

Method

1. Marinate the Rohu Fish

Clean the Rohu fish pieces thoroughly. Place them in a large bowl. Add turmeric powder, salt, Kashmiri red chilli powder, and fresh lemon juice. Coat every fish piece evenly with the spices. Leave the fish to marinate for about 10 minutes.

2. Prepare the Onion and Spice Paste

Add chopped onions, ginger, garlic cloves, and green chillies to a mixer jar. Grind everything into a smooth paste. This fresh paste will form the flavorful base of the fish curry.

3. Fry the Marinated Rohu Fish

Heat mustard oil in a kadai or deep pan. Allow the oil to become properly hot before adding the fish. Carefully place the marinated Rohu pieces in the hot oil. Fry them for approximately 5–6 minutes, turning carefully when required. Once lightly golden, remove the fish and keep it aside.

4. Prepare the Curry Gravy

Use the same kadai and mustard oil to prepare the gravy. Add the prepared onion, ginger, garlic, and green chilli paste. Cook over low to medium heat until the raw aroma disappears. Stir regularly so the masala cooks evenly without sticking to the pan.

5. Add Tomatoes and Fish Masala

Add 3 tomatoes to the cooked masala. Cook until the tomatoes become soft and combine well with the onion mixture. Now add 2 tablespoons of fish masala. Mix everything thoroughly and cook until the masala develops a rich aroma and the gravy comes together.

6. Add the Fried Rohu Fish

Carefully add the fried Rohu pieces to the prepared gravy. Gently coat the fish with the masala without breaking the pieces. Cook the fish with the gravy for approximately 5 minutes. If you prefer more gravy, add a small amount of hot water and adjust the consistency according to your preference.

7. Garnish and Serve

Finish the curry with freshly chopped coriander leaves. Turn off the heat and allow the curry to rest briefly before serving. Your delicious Desi Bihari Style Rohu Fish Curry is ready. Serve it hot with steamed rice and enjoy a comforting homestyle meal.

Chef tips

- Heat the mustard oil properly before frying the fish. This helps reduce its raw pungency and gives the curry its characteristic flavor.

- Avoid turning the fish repeatedly while frying. Rohu pieces can be delicate and may break if handled too much.
- After adding the fried fish to the gravy, stir very gently. You can also lightly shake the kadai instead of using a spoon repeatedly.
- For a thinner curry, add a little hot water while cooking the gravy. Avoid adding too much water at once because it can dilute the flavor of the masala.
- Let the finished curry rest for a few minutes before serving. This gives the fish and gravy a little more time to come together.

Full recipe: <https://meenrazcooking.com/en/recipe/bihari-style-rohu-fish-curry/>

Watch the video: youtube.com/watch?v=7SgTBuglpJ0