

Steamed Salmon in Mustard Sauce

This is a fusion dish in which I cook the salmon in an Indian cooking style.

Ingredients:

- 1lb Salmon Fillet
- 1 table spoon yellow mustard seeds
- 1 table spoon black mustard seeds
- 2 &1/2 table spoon of grated coconut flakes
- 2 table spoon of beaten yogurt
- Salt to taste
- ¼ teaspoon of turmeric
- 2 table spoon of cooking oil

Instructions:

- Wash fish very well & rub some salt.
- Take mixer/grinder add 2 types of mustard seeds, add little amount of salt (otherwise muster seed will be bitter taste), 2&1/2 table spoon coconut flakes, 1 or 2 green chilies(optional), turmeric powder & add some water & blend it.
- In a bowl mix mustard-coconut paste, beaten yoghurt & cooking oil together.
- Take another bowl, add salmon fillet, pour all the paste over the fish & mix the fish ell with the mixer. Now drizzle some cooking oil over it, add green chilies (optional).
- Take deep dish pan, place the fish 7 mixer in the bowl, and cover the pan with aluminum foil.
- Preheat the oven to 350 degree Fahrenheit & bake for 45 minutes.