
WILLS COOK-OFFS

BÁNGDEÓ JÉVÁNN

Try it - Enjoy it - Share it

Wilson Fernandez





Bángdeó Jévánn

Bángleó Jévánn...

Bángleó means Mackerel and **Jévánn** means a Meal. This is one of the most versatile fish of the ocean and there are many types of mackerels. It's an oily fish high in Omega-3. Very tasty and love for its health benefits too.

Growing up in the coastal town Kumta, India, Bángleó was one of those fishes, that was and is still a very popular fish in most houses of the Indian seacoast.

The mackerel season in Kumta and other coastal places is from October to February and may, at times, extend to March. It's one of the seafood product that is eaten and is part of the daily staple food during these seasons.

Bángdeó Jévánn...

Bángdeó is prepared in many ways and I present to you the recipe the way it has been cooked in my family. It's a transfer of cooking knowledge from four generations to me. Here is the recipe of the traditional Bángdeó cudee that I learnt from my granny and mummy. Bángdeó Cudee is cooked in an earthen pot (módkee).

The cooking in módkee has the depth of taste, smokey and aromatic flavours that enhances the fresh mackerel.

Cooking this way takes me back in times. Adding fresh raw mango or Ámbádé (hog plum) gives that extra tanginess.

The best and unique flavour to this Bángdeó cudee is the **secret ingredient, the TÁIPPAL/TÉPPAL** (Indian Szechuan Pepper, a unique fruit of west coast Konkan

Bángdeó Jévánn...

region of India). The botanical name is *Zanthoxylum Rhetsa*.

Bángdeó cudee is a great companion for lunch (combo meal) with parboiled cooked rice, veggie as sides and few condiments like Ámbé lunnché (mango pickle).

The other addition in this combo meal is my **Bájleli Bángdeó** (mackerel fry) and **Bángdeó Cutlets**. That makes a perfect MEAL.

So, do prepare and enjoy!





Bángdeó Cudee

Bángdeó Cudee

Ingredients:

- 2 Mackerels – cleaned and cut
- 1 cup freshly desiccated coconut
- 1.5 tsp coriander seeds
- 2 tbsp Kumte / Byadgi chilli powder
- ½ tsp Turmeric powder
- ½ tsp Cumin seeds
- 1 clove Garlic
- ½ medium size Onion
- Salt to taste
- ½ tsp Tamarind paste
- Water
- 2 fresh green Turkish Chilli
- Chopped raw Mango or crushed Ámbádé
- 6-8 Táippal pepper (fresh/dry)





Bángdeó Cudee

Bángdeó Cudee | Spiced Mackerel Curry...

Preparation | Method

1. Mix all ingredients in a food processor and blend/grind it to fine paste. Add enough water to maintain the thickness of the cudee
2. In a módkee (earthen pot), pour the cudee paste and water to have it thin paste but not watery. Bring it to boil on medium heat
3. Add raw Mango or crushed Ámbádé halfway through the cooking process



Bángdeó Cudee | Spiced Mackerel Curry...

4. When the cudee starts boiling add Táippal pepper, cut pieces of mackerel and cook until the fish is cooked (about 5 minutes or so)
5. Check seasoning. Add salt if need too
6. The Táippal pepper aroma in the spiced Bángdeó Cudee immensely makes you hungry
7. Bángdeó Cudee is ready to be served hot with Ookadd Tándóll (rice)



Bángdeó Fry

Bángdeó Fry

Ingredients:

- 1 Mackerel
- 1 tsp Kumte / Byadgi chilli powder
- ½ tsp Turmeric powder
- ½ tsp Garlic powder
- ½ tsp Onion powder
- Salt to taste
- ½ tsp Tamarind paste
- Water/Coconut vinegar to mix

- 2 tbsp coarse Semolina
- Coconut oil to fry



Bángleó Fry

Preparation | Method

1. Mix all dry ingredients and for a thick paste with water or vinegar
2. Score the mackerel on both sides and apply the paste all over it. Marinated mackerel needs to be kept aside for at least 15 minutes before frying
3. On medium heat, place a cast iron skillet and when hot enough add coconut oil
4. Coat the marinated mackerel in semolina all over and fry both sides
5. Fry both sides until golden brown and serve hot



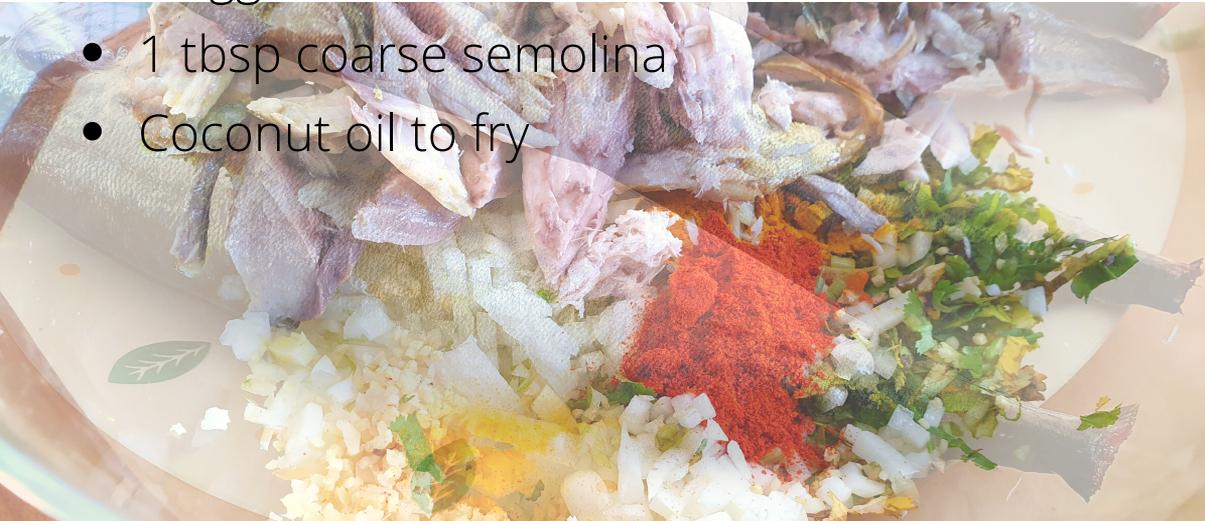


Bángdeó Cutlets

Bángdeó Cutlets

Ingredients:

- 1 Mackerel (par-boiled and deboned)
- 1.5 tsp Kumte / Byadgi chilli powder
- 1 tsp Turmeric powder
- 3 gloves Garlic – finely chopped
- 1/2" Ginger – finely chopped
- 1 big Onion – finely chopped
- 4-5 sprigs of fresh Coriander – finely chopped
- Salt to taste
- 1 Egg
- 1 tbsp coarse semolina
- Coconut oil to fry



Bángdeó Cutlets

Preparation | Method

1. Boil mackerel with little water, salt and turmeric powder in a skillet. Cover with lid and cook for 5 minutes. Cool the boiled mackerel
2. When the mackerel is cool, de-bone and shred the meat
3. Mix all the other ingredients with shredded mackerel and mix it well
4. Just before frying, add the egg and mix it well



Bángdeó Cutlets

5. Form small balls to desired sizes and press to form round cutlets of approximately 10 mm thickness
6. On medium heat, place a cast iron skillet and when hot enough add coconut oil
7. Coat the round mackerel cutlets in semolina all over and fry both sides until golden brown
8. Ready to serve whilst hot





SERVING TIPS:

- **BÁNGDEÓ JÉVÁNN IS SERVED AS A MEAL ALONG WITH BOILED RICE, VEGGIES, CONDIMENTS...**
- **BÁNGDEÓ FRY CAN BE EATEN ALONG WITH CHILLED BEER OR DRINKS OF YOUR CHOICE**
- **BÁNGDEÓ CUTLETS CAN BE SERVED AS A STARTER OR ALONG WITH A MEAL**

DO TRY AND ENJOY!!!



Wilson Fernandez 01-JUL-2020