



Fish-N-Fish
the healthier & tastier choice



Eating fish is now easier than ever!



Because

it's **Boneless & Fresh.**



Mulpuri Fisheries

The Leader In Basa Cultivation

Mulpuri Fisheries Pvt. Ltd. is the largest Basa cultivating company in India. The fish is cultured over a 4000 acres spread quality controlled facility. The annual production of Mulpuri Fisheries is about 80,000 MT, and given the volume, the company has invested in end-to-end international class practices and equipment. The large scale cultivation had given Mulpuri Fisheries incomparable advantages like getting internationally renowned scientists and nutritionists' supervision and hence forth the advantage of producing a healthy and tasty Basa fish. Moreover the feed is made at our own floating feed plant, which ensures that we have good control over the nutrition system.

The key differentiators at Mulpuri Fisheries are:

Large investments — in quality equipment, qualified manpower and fishing practices.

International class quality control — processing facilities with international standards.

Farm to fork cold chain — own cold trucks for transport and delivery, to make sure the cold chain is maintained all through the supply chain.

***The fish
that is taking
Indian
five star
hotels
and Indian
households
by storm.***

Basa is a fish that finds its origins in Vietnam and for the past couple of years has been the favorite among star hotels across India.

It has also been a fish that has found favor with Indian households in the past two years as it is a versatile fish whose flesh is mild enough to take on other flavors but flavorful enough to hold its own flavor during preparations.

For years, BASA has been popular across the world in countries including USA, European Countries, Middle East, South East Asia, Australia as the fish goes well with grilling, pan-frying, steaming, curry, tandoor and barbeque.

And now in India, the best of BASA is brought to you by Mulpuri Fisheries; fresh and hygienic.

Fish Pulusu



Fish in Tamarind Curry Sauce



Ingredients:

Coriander Leaves: 1 Spring
Coriander Powder: 20 Grams
Cumin: 10 Grams
Cumin Powder (optional): 10 Grams
Curry Leaves: Few
Fenugreek Seeds: 3 Grams
Fish-O-Fish (BASA): 500 Grams
Garam Masala Powder (optional): 3 Grams
Ginger Garlic Paste: 10 Grams
Mustard Seeds: 3 Grams
Onion: 3 (Small)
Red Chilli Powder: 10 Grams
Sesame Seeds: 10 Grams
Tamarind: 30 Grams
Turmeric: 1 Pinch

Method:

1. To prepare the fish curry in tamarind sauce, firstly roast the fenugreek seeds, sesame seeds and coconut powder and grind to a fine powder. Keep it aside.
2. Fry onions till they turn slightly brown. Make a fine paste of the spices mixture and the onions.
3. In a wide open pan, add a little oil. Add mustard and cumin seeds. When they crackle add curry leaves and green chillies (optional).
4. Add ginger garlic paste and fry till the raw flavor goes. Add the onion and spices paste and mix thoroughly by adding a little water.
5. Add coriander powder, cumin powder, chilli powder and tamarind juice and cook well.
6. Bring this mixture to a boil till slight traces of oil floats on top.
7. Add fish pieces and simmer the flame.
8. Do not stir the curry to avoid the fish pieces from breaking.
9. Finish off with fresh coriander leaves and a little garam masala.

Fish Moilee



Fish in Coconut Milk



Ingredients:

Cardamom: 3 Nos.
Coconut Milk
Coriander Powder: 1 Tsp.
Curry Leaves: 2 Springs
Fennel Seeds (optional): a pinch
Fish-O-Fish (BASA): 1000 Grams
Garlic Cloves: 5 Nos.
Ginger: 1 No.
Green Chillies: 4 Nos.
Lime (optional): 1 No.
Coconut Oil: 2 Tbsp.
Onion: 1 No.
Pepper Powder: 1 Tsp.
Salt: As Per Taste
Turmeric Powder: ½ Tsp.
Tomatoes (optional)

Method:

1. Add a few mustard seeds, cumin seeds, chopped onions, green chilli, freshly crushed ginger and garlic and curry leaves to the oil.
2. Mix and sauté the onions till soft and translucent. Do not brown the onions. Stir constantly until onions are transparent.
3. Add turmeric powder, black pepper powder and enough thin coconut milk to cover the ingredients in the pan.
4. Do not add the thick coconut milk yet, as it could curdle. Add fish and a pinch of salt.
5. Bring it to boil and immediately turn the heat down. Simmer gently for 6-7 minutes until cooked.
6. Add the quartered tomato. Do not add tomatoes at the beginning as they will cause the curry to curdle.
7. Finally, add the thick coconut milk and allow boiling for just 2 minutes on a slow flame.
8. Garnish with sliced tomatoes and serve with steamed Basmati rice.

Bengali Fish Curry



Ingredients:

Chilli Powder: ¼ Tsp.
Coriander Powder: 30 Grams
Coriander Leaves: ¼ Bunch
Ginger Garlic Paste: 20 Grams
Fish-O-Fish (BASA): 500 Grams
Green Chillies
Cloves: 2 Nos.
Mustard Seeds: 30 Grams
Mustard Oil: 50 ml.
Onions: 150 Grams
Salt: As Per Taste
Coconut: 225 Grams
Turmeric: a pinch

Method:

1. Make a paste with green chillies, coconut and mustard seeds.
2. Clean, wash and cut fish.
3. Heat oil. Fry onions, ginger garlic paste, and spices.
4. Add the paste of coconut, mustard seeds and green chillies and fry gently. Cook for 10-15 min.
5. Add pieces of fish and simmer for a few minutes till the gravy turns thick.
6. Garnish with chopped coriander leaves and serve.



Fish and Chips



Deep Fried Fish Fillets



Ingredients:

Besan (Chick Pea Flour): 50 Grams

Cornflour: 2 Tbsp.

Coriander Leaves: 1 Tbsp.

Fish-O-Fish (BASA): 500 Grams

Ajwain: 1 Pinch

Red Chilli Powder: As Per Taste

Salt: As Per Taste

Method :

1. In a plate add some salt, red chilli powder, coriander leaves and mix well. Dab the fish fillets one by one in this mixture on both sides.
2. To make the coating mixture, take a mixing bowl. Add besan, corn flour and mix all the ingredients well. Dip the marinated fish fillet in this mixture to cover both sides.
3. Deep fry till crisp and golden brown. Serve hot with your favorite sauce.



Fish Fillets & Cheese in Oven



Ingredients:

Olive Oil: 1 Tbsp.

Grated Cheese: 50 Grams

Fish-O-Fish (BASA) Fillets: 500 Grams

Lemon: 1 No.

Spring Onions: 2 Nos.

Salt: As Per Taste

Garlic: ½ Tbsp.

Method:

1. Clean the fish pieces. Add lemon juice and salt to these pieces and keep aside.
2. Add all the ingredients on top as toppings with layers of cheese, bread crumbs and olive oil.
3. Set the oven in combo mode and cook for 4 to 6 min.
4. Once you have a slight golden crust, the fish is ready to serve.



Fish Cutlets



Ingredients:

Fish-O-Fish (BASA) Fillets: 500 Grams

Bread Crumbs: 1-2 Cup

Egg White: 2 Nos.

Garlic: 6 Cloves

Green Chillies: 5 Nos.

Coriander Leaves &
Curry Leaves (optional): 1 Tbsp.

Oil: For Frying

Onion: 1 No.

Potato: 2 No.

Method:

1. Boil or steam Fish o fish Basa fish fillets till tender.
2. Mash the fish with grated potatoes. Mix well with finely chopped onion, garlic, green chillies, coriander leaves and salt.
3. Make small balls. Take each ball and keep it in the palm and press lightly to make an oval shaped cutlet.
4. Dip each cutlet in egg white and roll it on the bread crumbs.
5. In a flat pan, shallow fry all the cutlets till they are golden brown in colour.



Fish Fingers



Ingredients:

Maida (Optional): 2 Tbsp.

Bread Crumbs: 2 Tbsp

Fish-O-Fish(BASA) : 500 Grams

Eggs: 1 No.

Ginger Garlic Paste: ½ Tsp.

Lemon: 1 No.

Red Chilli Powder: 1 Tsp.

Salt: As Per Taste

Method:

1. Take the fish pieces (fillets cut as per your choice), add lime juice, salt, chilli powder, ginger garlic paste. Mix all the ingredients and apply to the fish pieces and keep aside.
2. Take each fish piece and roll them over the flour, then eggs and bread crumbs mixture and keep aside.
3. Heat oil in a pan. When oil is heated, add the fish pieces deep fry till they turn golden brown in color. Fry the fish in batches.
4. Remove it and squeeze a little lime juice over the fish fingers.



South Indian Fish fry



Ingredients:

Chilli Powder: 5 Grams
Chopped Chillies: 1 Piece
Coriander Leaves: 1 Springs
Coriander Powder: 10 Grams
Curry Leaves: 1 Spring
Fish-O-Fish (BASA): 4 Piece
Ginger Garlic Paste: 10 Grams
Lemon Juice: 5 Piece
Oil: 10 ml
Turmeric: 1 Pinch

Method:

1. Apply the masala to the surface of the fish and marinate for an hour.
2. Place a flat pan (tava) on the stove and add 2 spoons of oil.
3. When the pan is heated, place the fish piece on it and fry.
4. Add more oil, if the pieces seem to get stuck to the pan. Fry for 5 minutes.
5. Flip the fish on the reverse side and fry until golden brown.



Whole Fish



Whole unprocessed fresh fish preserved in ice and delivered to customers in modern packaging.

Chilled Fillet



Chilled processed fresh fillet, in vacuum packed to ensure long shelf life. Available in .5Kg, 1kg, 2kg, 5kg, 20kg packing

Chilled Steaks



Chilled processed fresh cut steaks, vacuum packed to ensure long shelf life. Available in 1kg, 2kg, 5kg, 20kg packing



M U L P U R I

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