

How to Make Perfect Pomfret Tandoori at Home

Few dishes capture the bold, smoky flavors of Indian cuisine quite like



OVEN
400°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 whole pomfret fish, cleaned and scored
1 tablespoon lemon juice
Salt to taste
For the Marinade:
¾ cup thick yogurt (hung curd preferred)
1½ tablespoons ginger garlic paste
1 teaspoon red chili powder (Kashmiri preferred)
¾ teaspoon turmeric powder
1 teaspoon coriander powder
¾ teaspoon cumin powder
1 teaspoon garam masala
1 tablespoon mustard oil or vegetable oil
¾ teaspoon crushed kasuri methi (optional)

DIRECTIONS

1. Prepare the Fish: Clean the pomfret thoroughly and pat dry. Make shallow slits on both sides of the fish to help the marinade penetrate.
2. Rub the fish with salt and lemon juice and let it rest for 15 minutes.
3. Prepare the Marinade: In a mixing bowl combine:
4. Yogurt
5. Ginger garlic paste
6. Red chili powder
7. Turmeric
8. Coriander powder
9. Cumin powder
10. Garam masala
11. Lemon juice
12. Oil
13. Salt
14. Kasuri methi (optional)
15. Mix well until smooth and creamy.
16. Marinate the Fish: Coat the fish generously with the marinade, making sure it gets into the slits and inside the cavity.
17. Let the fish marinate for at least 1 hour in the refrigerator. For deeper flavor, marinate overnight.
18. Cook the Fish: You can cook Pomfret Tandoori in several ways:
19. Oven : Method
20. Preheat oven to 200°C (400°F).
21. Place fish on a greased baking tray.
22. Bake for 20-25 minutes, flipping halfway.
23. Broil for 2-3 minutes for slightly charred edges.

24. Pan : Method

25. Heat oil in a skillet over medium heat.

SWAPS & NOTES

A few small tweaks can help customize this recipe.
You can substitute with similar firm fish like sea bass, snapper, or tilapia.

Hung curd alternative: If you don't have hung curd, simply strain regular yogurt in a cheesecloth for 30 minutes to remove excess water.

Adjusting spice levels: Kashmiri chili powder adds color and mild heat.

TIPS FOR SUCCESS

This helps the marinade penetrate deeper into the flesh.
Watery yogurt can make the marinade slide off the fish.
Fish cooks quickly; overcooking can make it dry.

This creates the slightly charred edges typical of tandoori dishes.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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