LAKE SARDINES IN COCONUT MILK

INGREDIENTS FOR 4 PEOPLE
- 2 cups of lake sardines
- 2 garlic cloves
- salt
- 2 large tomatoes
- 3 spoons of cooking oil
- 1 large onion
- 1 cup of water
- 1 coconut ground

Boil water put in a long jug; dip in the fish and let the leftovers settle at the bottom. Do not drain the water. Carefully scoop out the fish with a sieve. Let them drain.

Heat oil in a pan and add the chopped onions. Follow this with crushed garlic and salt. Cook for about 3 to 5 minutes in low heat while stirring.

Add chopped tomatoes and coconut ground and let them cook in the same low heat until ready.

Mix in the sardines and the other ingredients. Cover and let it cook in low heat for 10 minutes.

Serve with cornmeal, potatoes, plantains, cassava or rice.
### DRIED OR SMOKED FISH STEW

**INGREDIENTS FOR 4 PEOPLE**
- 2 onions
- 2 large pieces of dried or smoked fish
- 5 tomatoes
- 2 cups of water
- 2 spoons of coconut ground
- 1 small chili pepper
- 3 spoons of oil
- 1 spoon of margarine
- 2 garlic cloves
- salt and pepper

1. Put 3 spoons of oil in a pan, heat it and dry fry the fish in it until slightly browned.
2. In another pan, fry tomatoes, onions, chili pepper, garlic, water and coconut.
3. Bring to a boil then add the dried fish.
4. Reduce to a simmer and cook until most of the water has been absorbed (stir gently to avoid breaking-up the fish).
5. Tip into a bowl, add the oil and allow to melt slowly over the dish.
6. Serve with cornmeal, potatoes, plantains, cassava or rice.
AFRICAN PEANUT FISH SOUP

INGREDIENTS FOR 4 PEOPLE
- 1 big onion
- 1 big smoked or dried fish
- 2 tomatoes
- 3 spoons of vegetable oil
- 1 spoon of curry powder
- 3 spoons of groundnut paste (see page 28)
- 1 spoon of tomato paste
- 4 chili peppers
- 3 garlic gloves
- 3 cups of water
- salt

In a sizable pot, heat oil and cook the onions

Add tomatoes, tomato paste, garlic and pepper. Let cook for 10 minutes

Add 3 cups of water and nut paste, then let it simmer for another 10 minutes

Add the fish, chillies, salt and curry. Simmer at a very low heat for 15 – 20 minutes

The soup is ready when its thick and you can see some oil in the top

Serve with cornmeal, potatoes, plantains, cassava or rice.
NEW RECIPES

LEMON GARLIC TILAPIA FILLET

INGREDIENTS FOR 4 PEOPLE
- 4 fish fillets
- 2 garlic cloves
- 1 bunch of coriander
- 3 spoons of lemon juice
- 1 spoon of sunflower oil or butter
- salt and pepper

Rinse fish fillets in clean water, pat dry
Place fillets in shallow cooking pan
Pour lemon juice and oil over the fillets, sprinkle with garlic, coriander, salt and pepper
Note: do not add any water
Cover with a tight lid and cook with low heat for 5 minutes
Serve immediately with banana stew, mash potatoes, cornmeal, cassava or rice
TEA SMOKED FISH

INGREDIENTS FOR 4 PEOPLE
- 4 fish fillets or 4 steaks
- 4 tablespoons of dried tea leaves
- 4 spoons of rice
- 3 spoons of oil
- 4 spoons of sugar
- salt

COOKING TOOLS
- 4 handful of charcoal
- 1 stove with metal net

Put a spoon of oil in the pan to prevent the food from sticking
Put in rice, sugar and tea leaves
Place a wire rack on top and place your fish with a spoon of oil on top
Cover with a lid and place on the grill already heated till you see smoke
Let the heat reduce but leave the pan on the grill for about 8 to 10 minutes till fish is cooked
Serve with rice and vegetables: kale, spinach, peas, carrots, cabbage, potatoes, cassava or plantains.
NEW RECIPES

Cooking Freshwater Fish

FISH KEBABS

INGREDIENTS

FOR 4 PEOPLE

• 4 fish fillets or 4 fish steaks
• 1 big carrot
• 2 big tomatoes
• 4 kebab sticks
• 1 spoon of lemon juice
• 6 pineapple chunks (optional)
• 4 spoons of cooking oil
• 1 big pepper
• salt and pepper
• 2 garlic cloves

COOKING TOOLS

• 1 sack of charcoal
• 1 stove with metal net

Make the marinade: crush the garlic cloves and mix with lemon juice and oil in a bowl. Add the fish cut into cubes, the pepper seeded and cut into squares and the pineapple (optional). Cover and leave it to rest for 1 hr.

Fire your grill to a medium heat.

Drain the pieces and reserve the marinade.

Put the pieces on to kebabs sticks in any order you prefer until the pieces are used up.

Place the kebabs on the grill and cook for a few minutes turning frequently.

Sprinkle the kebabs with the marinade.

Serve with cornmeal and vegetables.