Fish stock is quick and easy to make, and is a really magnificent base for fish soups, rice and a great number of sauces.

**INGREDIENTS FOR 4 PEOPLE**
- 2 whole fresh fish or salted fish or dried fish or filleting leftovers (bones, head, liver, skin)
- 1 bunch coriander
- 2 onions
- 2 carrots
- 10 cups of water

1. Put the water to boil in a pot.
2. Cut the fish into pieces and add it to the pot.
3. Cut the onions and carrots and add them with a bunch of coriander.
4. Boil over low heat for 45 minutes.
5. Let it cool and sieve out all the bones.
6. Serve as a soup or use for other recipes.
Steamed Fish

Steaming if done properly is a method of cooking that enhances the natural flavor, the fish remains moist and retains its shape and all nutrients. It’s one of the healthiest ways of cooking fish and it uses no fat, unlike deep-frying.

INGREDIENTS
FOR 4 PEOPLE

- 2 whole fish or 4 fillets
- 2 lemons
- 1 bunch coriander
- 2 garlic cloves (optional)
- 1 ginger (optional)

Fill the water half way the pot and bring to boil

In a bowl with holes, place lemon slices, a bunch of coriander and the fish

Sprinkle lemon and coriander into the boiling water

Lower in the steamer and cover it tightly with a lid to contain the steam

Cook for around 20 minutes

Chop garlic and ginger and sprinkle on top.

Serve with vegetables: kale, spinach, peas, carrots, cabbage, potatoes, cassava or plantains or use for other recipes
Roasted Fish

Ingredients for 4 people
- 2 whole fresh tilapia or
- 4 Nile perch steaks

Cooking Tools
- 4 handful of charcoal
- 1 stove with metal net

Dressing
- 3 spoons of oil
- Juice of 2 lemons
- Salt and pepper

Salad
- 2 big onions
- 1 bunch of coriander
- 3 big tomatoes

Instructions
- Gut and clean the fish under clean running water.
- Clean the grill, rub it with half onion to prevent the fish from sticking to it.
- Cut the skin in various places on each side and rub in little oil and add salt.
- Put the fish on the grill already heated and oiled. Turn and let it cook for around 10 min on both sides. The fish is ready when the flesh comes away from the bones easily.
- The dressing: in a small bowl, mix all the dressing ingredients with a fork.
- When the fish is cooked, serve on a flat plate, drizzle the dressing on top and chutney on the side.
- Serve with cornmeal/ugali and vegetables: kale, spinach, peas, carrots, cabbage, potatoes, cassava or plantains.
LAKE SARDINES IN GROUNDNUT SAUCE

INGREDIENTS FOR 4 PEOPLE
- 2 cups of lake sardines
- salt and pepper
- 2 carrots
- 1 chili pepper
- 3 spoons of cooking oil
- 2 large tomatoes
- 1 large onion
- 2 garlic cloves
- 1 cup of water

GROUND NUT PASTE
Roast then peel a cup of groundnuts. Crush or grind the groundnuts into a powder, add some hot water and mix to make a paste.

Chop onion and garlic and dice the carrots
Fry the onions and garlic in oil until brown and tender
Add the tomatoes and carrots
Add the groundnut paste and water. Make sure to mix regularly to prevent stickiness
Season with salt, pepper and chili
Add your fish and let it simmer for 20 minutes
FISH RICE

INGREDIENTS
FOR 4 PEOPLE
• 4 cups fish stock (see page 22)
• 1 onion
• 2 garlic cloves
• 1 carrot
• 1 spoon of grated lemon peel
• 1 potato
• 3 cups of rice
• tilapia fillets or 2 Nile perch steaks
• 2 spoons of cooking oil
• 1 small bunch of coriander
• salt and pepper

Clean, peel and cut the vegetables
Put them all in a large pan
Cut the fish into cubes and add it in to the pan. Then put fish stock, salt and pepper to taste. Cook till the vegetables and fish are cooked, for around 20 minutes
Add in the rice
Mix until rice, stock, fish and the other ingredients are well blended together
Serve in a bowl, with 2 spoons of oil and sprinkle fresh chopped coriander.
LAKE SARDINE PORRIDGE

INGREDIENTS FOR 4 PEOPLE
- 2 spoons of lake sardines dried and ground
- 2 spoons of sorghum flour
- 2 spoons of maize flour
- 2 spoons of millet seeds
- 4 spoons of sugar
- 2 spoons of soya flour (optional)
- 2 spoons of butter or margarine (optional)
- 1 lemon
- 5 cups of water

Mix flour in a bowl, add ½ a cup of water and mix well
Bring 4 cups of water to boil in a pot
Add the flour mixture, constantly stirring bring to boil
Lower the heat and let it simmer for 15 minutes
Add in some lemon juice, sugar and a spoon of butter or margarine to taste
Remove from the heat and serve with hot toasted bread or chapatti
**FISH STEW**

**INGREDIENTS**

- 2 fish steaks
- 1 carrot chopped
- 2 onions chopped
- 2 cups of fish stock
- 2 garlic cloves
- 4 tomatoes
- ½ tablespoon of curry powder
- 1 chili pepper
- 1 lemon
- 3 spoons of cooking oil
- 1 ginger
- salt and pepper

**FOR 4 PEOPLE**

Clean, peel and cut the ingredients

Heat the oil in a pan and fry the onions, add the garlic, ginger and the curry powder

Add the tomatoes till they are cooked

Add carrots, chili pepper and cubes of the fish steaks and let them cook for 5 minutes

Add in the fish stock; lower the heat and let it cook for another 5 minutes

Remove from heat and serve with cornmeal, potatoes, plantains, cassava or rice.