**NEW RECIPES**

**FISH BURGER**

**INGREDIENTS**

**FOR 4 PEOPLE**

- 1 steamed fish (see page 24)
- 2 big tomatoes
- 1 egg
- 1 pepper
- 1 carrot
- 1 spoon of curry powder
- 2 avocados
- 2 slices of bread soaked in half cup of milk
- 4 spoons of sesame seeds
- 8 slices of bread
- ½ cup of flour
- Juice of 1 lemon
- Salt and pepper

**Steam the fish, skin and bone it (see page 18); flake the flesh**

**Mix the fish flakes with 1 tomato cut into cubes, 1 beaten egg, grated pepper, grated carrot, curry powder and 2 slices of bread soaked in half cup of milk**

**Take sizable scoops of the mix in your hands and roll in to balls. Flatten and dust with flour and sesame seeds**

**Heat and oil a chapati pan. Place the burgers in the pan; use a flat spoon to turn them till they are cooked**

**Mash the 2 avocados. Add salt, lemon juice and 2 spoons of cooking oil and mix**

**Cut the bread in half and place one tomato slice, then the burger, pour a spoon of the avocado sauce, place another tomato slice then the bread on top**

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![Image of a fish burger](image-url)
POTATO FISH CAKE

INGREDIENTS FOR 4 PEOPLE
- 2 steamed fish fillets (see page 24) or left over fish pieces
- 4 pumpkin leaves
- juice of 1 lemon
- 1 fresh soft maize cob
- 5 big potatoes
- 1 cup of fresh peas
- 1 spoon of butter or margarine
- 1 egg
- salt and pepper

Peel the potatoes and boil them with pumpkin leaves, maize, peas and vegetables till they are cooked.

In a large bowl, mix all the vegetables and add egg, lemon juice and butter. Mash the potatoes and mix to make a puree.

Flake the flesh of the fish and mix it with all the other ingredients.

Cut the fish cake into various shapes.

Let it dry for 10 minutes.

Serve warm and enjoy it.
NEW RECIPES

FISH IN BANANA LEAVES

INGREDIENTS
FOR 4 PEOPLE
- 2 steamed fish fillets
- 1 coconut ground
- 1 spoon of curry powder
- 1 spoon of ground cashew nuts
- 1 spoon of cooking oil
- 3 garlic cloves crushed
- 1 piece of glowing charcoal
- 1 big banana leaf
- 2 onions
- ½ pieces of fresh ginger
- 2 eggs
- salt and pepper
- 4 cups of cooked rice
- 8 toothpicks

Place glowing charcoal in oil inside a large pan, cover quickly with the rice so the flavor of the smoke is absorbed. Fry onions, garlic and ginger in a pan with oil. Add curry powder, salt and pepper then the fish and mix well.

Remove from the heat, beat in eggs and cashew nuts, add in the coconut milk mixing slowly to form a thick paste that's not too dry.

Cut the banana leaf in to 8 sizable squares, brush with oil.

Divide equally on the 8 banana leaves and fold over the edges to make nice packets and secure with toothpicks.

Heat them for 10 minutes in a thick base pan and in the meanwhile remove the charcoal from the rice.

To serve, place the rice on a fresh banana leaf and top up with the parcels.
FISH IN TOMATO AND SPINACH SAUCE

Scale the fish, clean and cut into sizable portions if too big to fit in your pan;

In a flat pan, heat the oil then add onions and garlic. Fry them until they have a golden colour;

Add in the tomatoes, then the chopped spinach and coriander. Add in the milk and let the spinach soften. Remove the pan from fire;

In a well oiled pan, arrange the fish. Pour the tomato mixture over the fish. Cover and simmer for about 30 minutes;

Pour the tomato and spinach sauce over the fish, add salt and pepper to taste and squeeze the lemon juice over it;

Serve with rice, cornmeal, bread, chapati, potatoes, cassava or plantains.

INGREDIENTS
FOR 4 PEOPLE
- 4 medium size fish
- 6 big tomatoes
- 1 bunch of spinach
- 2 garlic cloves
- Juice of 1 lemon
- 4 spoons of oil
- 3 onions
- 1 bunch of coriander
- ½ cup milk
- Salt and pepper

Serve with rice, cornmeal, bread, chapati, potatoes, cassava or plantains.
SMOKED FISH CAKES

INGREDIENTS FOR 4 PEOPLE
- 2 garlic cloves
- 2 skinless, boneless smoked fish
- 3 big boiled potatoes
- 1 bunch of coriander
- Juice of 1 lemon
- 1/2 cup of milk
- 3 eggs: 2 hard-boiled and 1 beaten
- 1 lemon wedges
- 6 spoons of flour
- 2 spoons of oil
- Salt and pepper

Cut the boiled eggs in half and separate the yolks. Chop the egg whites into pieces.

In a large bowl, add the potatoes, mashed yolks, diced egg whites, coriander, milk and a pinch of salt and pepper and mix.

Flake the fish into chunks and add to the mixture, stir gently until all the ingredients are well mixed. Do not over mix or the fish will turn to a mush.

Divide the mixture into 8. Roll each into a ball, dip into the flour and roll until evenly coated.

Dip the ball into the beaten egg, again roll into the flour to cover evenly, flatten the ball into a patty and keep aside.

Oil a flat pan and heat but it should not be smoking. Place the fish cakes in the pan, cook for 3 minutes, flip over and cook for another 3 minutes.
SmartFish is a regional fisheries project managed by the Indian Ocean Commission, funded by the European Union and co-implemented by the Food and Agriculture Organization of the United Nations. SmartFish, which operates in twenty countries throughout the Indian Ocean Region, Southern and Eastern Africa, focuses on fisheries governance, management, monitoring control and surveillance, trade, and food security.

Under the framework of the project activities FAO in partnership with CVF has produced this booklet to help women in rural Africa to appreciate the nutritional value of fish. The booklet provides healthy and tasty recipes to prepare fish through illustrated and easy to follow step by step instructions.