Cooking Freshwater Fish

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

1. Clean, peel and cut the vegetables. Put them all in a large pan.
2. Cut the fish into cubes and add it into the pan. Then put fish stock, salt and pepper to taste. Cook till the vegetables and fish are cooked, for around 20 minutes.
3. Add in the rice.
4. Mix until rice, stock, fish and the other ingredients are well blended together.
5. Serve in a bowl, with 2 spoons of oil and sprinkle fresh chopped coriander.
INSTRUCTIONS
1. Mix flour in a bowl, add ½ a cup of water and mix well.
2. Bring 4 cups of water to boil in a pot.
3. Add the flour mixture, constantly stirring until it boils.
4. Lower the heat and let it simmer for 15 minutes.
5. Add in some lemon juice, sugar and a spoon of butter or margarine to taste.
6. Remove from the heat and serve with hot toasted bread or chapatti.

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
FISH STEW

INGREDIENTS FOR 4 PEOPLE
- 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

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.
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

Put 3 spoons of oil in a pan, heat it and dry fry the fish in it until slightly browned.

In another pan, fry tomatoes, onions, chili pepper, garlic, water and coconut.

Bring to a boil then add the dried fish.

Reduce to a simmer and cook until most of the water has been absorbed (stir gently to avoid breaking-up the fish).

Tip into a bowl add the oil and allow to melt slowly over the dish.

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
Cover with a tight lid and cook with low heat for 5 minutes
Note: do not add any water
Serve immediately with banana stew, mash potatoes, cornmeal, cassava or rice
NEW RECIPES

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 handfuls of charcoal
- 1 stove with metal net

Put a spoon of oil in the pan to prevent the food from sticking
Put 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.