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 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.
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.
NEW RECIPES

FISH BURGER

Cooking Freshwater Fish

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
NEW RECIPES

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.
**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
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
- ½ 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 eggs 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 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.