

**How and What
To
Feed
Your
Body
Book**

By and For

PC/Fiji Volunteers

Almost every book plans with acknowledgements to those who "made it possible", so it seems appropriate to do that here.

Thanks should be extended to all the volunteers who sent in ideas and recipes. Every recipe from a volunteer (or ex-volunteer) has the contributor's name following it. A special thank you is also extended to Mrs. Vulaca of the South Pacific Commission Training Centre for giving time, advice and the loan of a fantastic, out of print, recipe book.

To Amelia and Gayle who typed, and typed. and typed to put this together even vinaka vakalevu seems insufficient.

Finally, I would like to say "Thank you" in advance, to any volunteers who actually use this thing—then all the work will have been worthwhile

MJW

Forward

This second edition of the How and What to Feed Your Body Book differs only slightly from the first edition. An appendix has been included which contains some additional general information and some new recipes which are grouped according to categories. There are also four pages of illustrations of local vegetables.

For this second effort grateful thanks must be extended to PCV's Eileen McKinley for organizing the changes, Mark Odegard for doing the illustrations and Gip (Charles) Kemp for doing all the printing (singlehanded). Thanks should also go to the Volunteers who made suggestions for changing the book and contributed new recipes.

Use it in good health!

MJW
January 1977

Introduction

Any book with a title as strange as the How and What To Feed Your Body Book most likely needs some sort of explanation for its existence and purpose. The idea of putting this book together was born many months ago when I realized that many Volunteers didn't eat anywhere near a balanced diet. There seemed to be at least two reasons: they didn't know what they should be eating; many didn't know how to cook, consequently they had a very boring diet, consequently they didn't eat well. This book tries to improve matters in both these areas.

A quick look through the recipes will reveal that they are heavy on things to do with tinned fish and meat. This is because it is written primarily for people who do not have easy access to a wide variety of shops. If you can get fresh meat, eggs etc., etc., then you can use any cookbook on the market, but no cookbook that I was able to find had any more than ten recipes for tinned fish, most had considerably fewer than that.

There are many tables, lists and strange collections of information included here. You can look up the "desirable weight" for your sex, height and build; recommended daily dietary allowances; a basic diet plan, and then check out your food intake with the food composition tables. It is hoped that you'll do it, at least once for the heck of it. You can also check on what it means when a recipe tells you to "steam" something; how to build an oven in the bush; how to check its temperature so you can use it; how much 4 ounces of flour is; what you can use instead of self-raising flour, and a few other things.

Much time and work went into the preparation of this book, because it is not just a cookbook. Whether you "eat to live" or "live to eat" there are certain basic facts that you should know about the science of nutrition. These things have been included. What you should do now is sit down and do a little work yourself, using these tables, to figure out what and how much you should be eating.

Of course this makes cooking for yourself much more involved than just opening tinned fish. There are many reasons why it should be, however, and once you work out what you should be eating a balanced diet will become a habit and you can toss the charts aside.

In an attempt to convince you that it is important for you to put in the necessary time and effort here are a few "facts of life" of which you should be aware:

The average adult body contains about 100 trillion cells. The body is not a static organism however. There are millions of millions of new cells built every day. For instance, the average life span of a red blood cell is only 110-120 days. There are about 30 trillion red blood cells in your body. That means that you build

100 million red blood cells per hour. These are cells that are completely destroyed and have to be replaced, but they are by no means the only kind of cells your body is building.

The human body carries on a constant process of "protein turnover," too. Cells are constantly being broken down into their component amino acids. These are regrouped and new cells are formed. Unfortunately this is not a closed system. There are ten "essential amino acids" (Remember the Wonder Bread commercials?) Your body cannot synthesize them and it also needs them to synthesize others. If all of the amino acids needed to form a particular protein are not available, the protein cannot be made. Different organ cells are broken down and remade at different rates. The most cells at the fastest rate are replaced in the intestinal mucosa, the liver, the pancreas, the kidneys and the plasma (liquid portion of the blood). Breakdown and replacement is much slower in muscle tissue, the brain and the skin. It doesn't really occur in bone and cartilage. (But the body will "draw" calcium from bones if you are not taking in enough of this vital element.)

Please take careful note of the fact that your body is constantly replacing cells in four essential organs at a very rapid rate (Hard as the idea may be to accept, blood is an organ.). If you eat a lousy diet for two years it can have a profoundly negative effect on your body. Proteins are also required to "manufacture" hormones and enzymes; these are extremely essential "chemicals" needed for the proper operation of your body.

If you don't eat a balanced diet your body doesn't get what it needs to work with, and it doesn't work properly. All the vitamin pills in the world won't make one bit of difference. Working out a balanced diet isn't hard. Look up how many Calories you need for the weight you want to be. Check how many grams of protein you need. After you get the protein in your diet fill out the Calorie requirements with carbohydrates and fats. If part of the protein is from green vegetables you should be getting the proper amount of vitamins and minerals.

Remember, you only get one body. If you want it to work the way it's supposed to, and last as long as it should, you have to take care of it.

Mary Jane Williams, R.N.
PCV/ PCMO Fiji
October 1975

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Drinks

LEMON DRINK*

Juice of $\frac{1}{2}$ lemon $\frac{1}{2}$ tablespoon sugar
1 cup water
Stir all together till dissolved

* * * * *

ORANGE MILK*

Juice of $\frac{1}{2}$ orange $\frac{3}{4}$ cup milk
2 teaspoon sugar
Stir all together till dissolved.

* * * * *

GINGER MILK*

1 cup milk 1 teaspoon sugar
 $\frac{1}{2}$ teaspoon ground ginger
Beat all together and serve.

* * * * *

PAWPAW DRINK*

$\frac{1}{2}$ cup mashed pawpaw
2 teaspoon sugar
 $\frac{1}{2}$ cup milk
1 teaspoon lemon juice
Mix all together well.

* * * * *

BANANA MILK SHAKE*

1 ripe banana 1 cup milk
1 teaspoon sugar
Mash the banana and sugar together. Mix with
milk and serve.

* * * * *

SOURSOP DRINK*

$\frac{3}{4}$ cup strained soursop pulp 1 tablespoon sugar
 $\frac{1}{4}$ cup water

Mix all together well.

LEMONADE

juice of 1 lemon
 2 cup water
 honey or molasses

Mix lemon juice with water and sweeten to taste with honey.
 (Tom Owens)

THE RISING SUN

Mix:

$\frac{1}{2}$ -1 pawpaw (skinned and diced into small pieces).
 medium size and ripe
 1 banana
 $\frac{1}{2}$ apple (small dices)

Crush with a potato smasher until all becomes a juice.

Add: 1 cup grated coconut
 2-3 Tbs. wheat germ (BPs sell Fischer's → best found
 so far)
 sliced dates (many stores sell Iraq dates pkgs.)
 raisins or sultanas, if available
 1 orange, juiced
 1-2 passion fruit, if attainable.

Sprinkle with ground cinnamon or ginger if you dig it.

1 healthy Tbs. honey

2-3 Tbs crunchy granola

(You must experiment for your own tastes, but self-discovery
 can be fun - worth the effort. Tom Owens)

POWDERED MILK

- 2 heaped tablespoons skim milk powder or
 3 heaped tablespoons full cream milk powder
 1 cup water

Put the water into a bowl.
 Add the milk on top of the water.
 Beat with a fork or egg-beater.

Note: The milk will mix more easily if the water is warm.

TEAS

(If teas turn you on, here are a few. Tom Owens)

1. Lemon leaf - ask around where there's a tree.
 Good flavour
2. Cinammon - buy it in the market
3. Ileechee - an Indian spice
4. Lemon peel (or orange peels) - dry them in the sun.
5. Ginger - thinly sliced and boiled - the longer the
 more flavour.

With 1-4 add to boiling water and allow to "steep"
 The longer it sits, the stronger the flavour.

12% Homebrew Recipe (8 gallons or 48-50 bottles)

Ingredients

1. 20 pounds sugar
2. $\frac{1}{4}$ pound yeast (dried baker's)
3. $\frac{1}{4}$ packet hops (BP Supermarket)
4. $\frac{1}{2}$ lemon
5. 4 eggs (optional)

Materials

1. 48-50 beer bottles
2. 48-50 caps (crowncorks)
 (Chineseshop, or use
 old ones)

Equipment:

1. 8 gallon plastic rubbish bin (MH Supermarket-\$10)
2. Plastic hose - 8ft long (Millers or BP Hardware-\$1)
3. Bottle capper (Chinese shop - \$1)
4. Bottle brush for cleaning bottles

- Directions:
1. Completely dissolve sugar in water (dissolves more quickly in warm water)
 2. Boil hops in a teapot of water for $\frac{1}{2}$ hour, then strain liquid through tea strainer into sugar solution.
 3. Squeeze juice of $\frac{1}{2}$ lemon into solution
 4. Add yeast
 5. Let stand for about 8 days or until fermentation just stops. (If solution is very sweet it is not ready yet and should ferment further.)
 6. (Optional) Stir whites of egg into mixture and let stand for additional 12 hrs. (This is to help clear the yeast away.)
 7. Put in bottles and put on caps (Siphon through plastic tube)
 8. Let stand for at least 1 week to develop pressure and to clean
 9. The beer is now ready to drink .

Notes:

- 1) When pouring from bottle, pour carefully so as to leave yeast in the bottom. (Most people don't like the taste of the yeast, so you can throw it away)
- 2) If a bottle explodes, it means you bottled too early. Best solution is to open all bottles to let out gas, then recap. The same caps (crown corks) can be used many times.
- 3) If you let the beer stand in the bottles for longer than 1 week, it will get better with age.
- 4) The average cost per bottle of beer is about 8¢, not including the bottle.
- 5) Some experts say that the fermentation process will work more efficiently if the sugar, water and lemon juice are boiled for about 20 minutes (after step 3). If this is done, a large pan or smaller pans are necessary. Also, solution must be cooled to room temperature before adding the yeast (step 4).

Breakfast Ideas

CINNAMON OATMEAL

1 $\frac{3}{4}$ cups water
1 $\frac{1}{4}$ tsp salt
1-2 Tbs. cinnamon
1 $\frac{1}{4}$ cup raisins (or more)

1 $\frac{1}{3}$ cups oats
1 cup milk
1-2 Tbs. honey
Fruit

1. Boil water
2. Add salt, cinnamon, raisins while it boils, then add oats.
3. Lower the heat and cook until water is absorbed.
4. Serve with (or without) milk.
5. Add honey and fruit.

(Tom Owens)

KNOCKOUT PANCAKES

1 $\frac{1}{2}$ cup whole wheat flour
1 $\frac{1}{2}$ cups rolled oats
1 Tbs. baking powder
1 tsp. salt
1 egg, beaten

1 tbs. oil
1 tbs. honey
1-2 bananas, well-mashed
1 $\frac{1}{2}$ cups milk
1 $\frac{1}{4}$ - $\frac{1}{2}$ pkg. dates, sliced thin.

1. Mix dry ingredients, then add others and do the stirring exercise.
2. We all know how to cook pancakes.
3. Eat hearty!

(Tom Owens)

PANCAKES

1 c. flour
1 egg (optional)
1 tsp. baking powder (optional)
pinch salt

3 Tbs. sugar
mashed banana
milk
2-3 tsp. oil (optional)

Combine all ingredients. Use enough milk to make batter as thin as you want it. If oil or melted butter is added to the batter very little fat is needed for frying.

(Lorene Dykstra)

FRENCH TOAST*

1 egg
1 $\frac{1}{4}$ teaspoon salt
1 tablespoon dripping or bacon fat.

1 $\frac{1}{2}$ cup milk
4 slices bread

Beat egg and milk. Add salt. Dip slices of bread in the mixture. Melt fat or dripping. Fry till golden brown. Turn and fry on other side.

SIMPLE SUGAR SYRUP

| | |
|-------------------------------------|----------------------------|
| 1 Cup brown (Fiji) sugar | dash salt |
| $\frac{3}{4}$ cup water | 1 tsp. of vanilla or lemon |
| $\frac{1}{3}$ cup butter (optional) | juice |

Bring sugar and water to a boil. Add butter. Boil 8-10 minutes. Serve hot on your pancakes or cakes.

MOCK MAPLE SYRUP

| | |
|-----------------------|-----------------|
| 1 C sugar | few grains salt |
| $\frac{1}{3}$ C water | 1 tsp. vanilla |

Boil sugar and water until sugar dissolves (about 1 min.). Add salt and vanilla and stir. Serve hot or cold.

CRUNCHY GRANOLA

(Making granola is a half day project or two nights)

| | |
|-------------------------|------------------------------|
| 1. 2-3 lbs. rolled oats | 1-2 cups almonds (expensive, |
| 2 cups wheat germ | but such a fine treat--BP's) |
| 2 cups grated coconut | $1\frac{1}{2}$ c sugar |
| (squeezed and milk used | 1 c hot water |
| below) | |

Grate coconut, then add 1 cup hot water and let sit, strain or squeeze through a cheesecloth. Add coconut (saving milk) to all above ingredients and mix all in a large mixing bowl.

| | |
|------------------------------|----------------|
| 2. 1 cup oil (soyabean best) | 1 cup honey |
| $\frac{2}{3}$ cup water | 1 cup molasses |
| 1 Tbs. vanilla | coconut milk |

Mix together and heat gently until well-blended. Add to first mixture and thoroughly mix. (Put some "elbow grease" into it).

3. To your taste sprinkle cinammon and ginger (powdered).

4. Spread on pan and bake $\frac{1}{2}$ hour at 350° stirring often. It is best to remove it when golden, but this too depends on your taste preference.

5. Cool and add:

| | | |
|---------------|------------------------|-----|
| 1 cup nuts | 1 cup sesame seeds) | BPs |
| 1 cup raisins | 1 cup sunflower seeds) | |

(An individual recipe - again it's your stomach, experiment! This makes alot. Depending on how many people stop by plus how addicted I am to the granola at one particular time, this will last me 1-2 months. Well worth the effort. Tom Owens)

GRANOLA

Grate three coconuts and half squeeze the lolo from them. (Should have about $1\frac{1}{2}$ cups lolo; do not add water.) Add:

$1\frac{1}{2}$ cups sugar

Boil these together until sugar dissolves; then add:

1 tsp. salt

3 cups rolled oats

Turn off the heat and add:

1 tsp. vanilla

$\frac{1}{2}$ cup sesame seeds

$\frac{1}{2}$ cup chopped peanuts

rest of the coconut

Mix together well and spread out on cookie sheets (or low pans). Put in cool oven ($200-250^{\circ}$) and stir as it gets brown. (Takes about 2 hours all together.) Store in airtight containers. (It must get completely dry or it will not keep very long.)

(Kathy Schalk)

BOILED EGGS

Put enough water in a pot to just cover the eggs. Heat water so that it is just simmering below the boiling point. Put room temperature eggs in the water. (Cold eggs will most likely crack.)

Cook: 3 to 5 minutes for soft-cooked eggs

5 to 10 for medium

10 to 15 for hard-cooked eggs

SCRAMBLED EGG*

1 egg

1 teaspoon margarine

a shake of pepper

2 tablespoons milk

$\frac{1}{4}$ teaspoon salt

buttered toast

Beat the egg a little. Add milk and salt. Melt margarine. Pour in the egg mixture. Cook gently till set, stirring all the time. The egg may be cooked in a basin standing in a saucepan of boiling water.

OMELET

4 eggs
 4 Tbs. milk (or water) pepper
 $\frac{1}{2}$ tsp. salt butter or some fat for frying

Put butter in pan. Beat eggs with other ingredients just enough to mix the whites and yolks. When butter is melted, reduce heat slightly and pour eggs into pan. Stir continuously with a circular motion with a fork until the eggs have begun to set. Increase the heat to brown slightly and then fold one-third over onto the middle third. Then fold over again.

Omelets may be made into a nourishing complete meal by placing cheese, cooked meats and vegetables, etc. in the middle.

POACHED EGG ON TOAST*

Fill saucepan $\frac{1}{4}$ full with water and bring to the boil. Add $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon vinegar (optional). Break an egg into a saucer and slide into boiling water. Turn low and leave till white is set. Serve on buttered toast.

PORRIDGE

4 Heaped Tbs. oatmeal $2\frac{1}{2}$ cups water
 1 tsp. salt

1. Mix all the ingredients together.
2. Stir over the fire until boiling.
3. Simmer gently until cooked (about 15 mins.)
4. Serve with milk and sugar.

Variation: Use grated cassava or green vudi instead of oatmeal.

PANCAKES

1 cup flour $1\frac{1}{4}$ cups milk
 $\frac{1}{4}$ tsp. salt Fat for frying.
 1 egg

Sieve the flour and salt into a bowl. Make a hole in the middle of the flour and put in the egg and half the milk. Gradually mix in the flour and beat thoroughly until like thick, smooth cream. Lightly beat in the rest of the milk. Put a small amount of fat (or oil) into the frying pan, just enough to grease the bottom of the pan. Heat it. Pour enough batter in the pan to make a thin layer. Fry over medium heat until brown and free from the bottom of the frying pan. Turn the pancake over and brown on the other side.

SOUPS

KAI SOUP*

- 12 kais previously boiled till shells open
- 1½ cups shellfish water
- 1/2 tsp margarine
- 1/2 onion
- 1/4 tsp salt
- lemon juice

Chop or mince kai meat. Add seasoning, water and finely chopped onion. Bring to the boil. Add lemon juice and margarine. If desired thicken with 2 tsp flour mixed to a paste. ½ cup milk or coconut cream may be added to the soup.

PEANUT SOUP*

- 1/2 cup peanuts
- 1/2 tsp salt
- 1 cup milk
- shake of pepper

Put peanuts in hot oven for 10 mins. Remove and rub off skins. Put through mincer. Add milk, salt and pepper. Stir till boiling. Simmer gently about 10 mins.

FRESH FISH CHOWDER

- | | |
|------------------------------------|-----------------|
| 1 lb. fish | 3 tbs. butter |
| 1 C water | 2/5 cup water |
| 1 bay leaf | 3 cups milk |
| 1 clove | 1 tbs. butter |
| 1 3/5 cups peeled, sliced potatoes | 1 tsp. salt |
| 3 Tbs. chopped onion | 1/2 tsp. pepper |

Simmer fish very slowly with bay leaf and clove in water for 10 min. Remove fish, skin and bone it and set it aside; strain fish broth into a soup kettle. Cook potatoes and onion in 3 Tbs. butter for 5 min., add water and cook 5 min. longer. Combine fish, potatoes and onion with broth and simmer 5 min. or until vegetables are tender; add milk and bring to boil. Remove from heat, add butter, salt and pepper, stir and serve

Serves 4.

CREAMED VEGETABLE SOUP*

| | |
|---------------------------------|------------------------|
| 1 cup diced or grated vegetable | 2 cups water |
| 1 cup milk | $\frac{1}{2}$ tsp salt |
| 2 tsps. margarine or dripping | a shake of pepper |
| 1 heaped tsp. flour | cold water |

Grate or dice vegetables. Melt fat in saucepan. Add vegetables and seasoning. Cook for 3 mins, stirring all the time. Add water. Cook till tender, 15-20 mins. Add milk. Heat. Thicken with flour mixed to a smooth paste. Heat.

DHAL SOUP (6-7 servings)

| | |
|---|---|
| 6ozs. or 1 cup dhal | 1 oz. or 3 level tablespoon flour |
| 2 teaspoons salt | $\frac{1}{2}$ oz. or 1 level tablespoon fat or oil |
| 2 pieces garlic | $\frac{1}{2}$ onion |
| $\frac{1}{4}$ oz. or 2 teaspoons curry powder | 1 chilli |
| | 2 pints or 5 cups water |

Method:

- 1) Wash the dhal and soak it in the water for a few hours or overnight.
- 2) Melt the fat in a sauce pan. Add finely chopped onion and garlic, curry powder, chopped chilli and salt. Fry for a few minutes.
- 3) Add the dhal and water and boil until the dhal is soft.
- 4) Mix the flour with a little cold water. Stir into the soup and stir until it boils.
- 5) The soup may be rubbed through a sieve if desired.

DALO SOUP (4-6 serving)

| | |
|--|--|
| 1 cup grated dalo | 1 small onion |
| 2 teaspoons salt | 2 cups milk (or thin coconut cream) |
| $\frac{1}{4}$ teaspoon pepper or chopped chilli | 2 cups boiling water |

Method

- 1) Scrub the dalo well and peel it
- 2) Grate the dalo and chop the onion.
- 3) Put them into the boiling salted water, add the pepper.
- 4) Cook till tender (about 15 minutes)
- 5) Add the milk or coconut cream

EGGPLANT SOUP

| | |
|--------------------------|-------------------------|
| 1 medium eggplant | 1 Tbs. chopped green |
| 1 cup thin coconut cream | pepper (can be omitted) |
| 2 cups water | 1 chopped tomato |
| 1 small chopped onion | 2 tsp. fat or oil |
| 1½ teaspoon salt | 1 tsp. chopped garlic |

METHOD:

- 1) Fry the onion, garlic, and green pepper in fat
- 2) Add the tomatoes, salt and water. Bring to a boil
- 3) Peel and cut the egg plant into small pieces
Add the egg plant and cook until just tender
- 4) Add the coconut cream. Heat without boiling.

BREADFRUIT SOUP

| | |
|---------------------|--------------------------------------|
| ½ medium breadfruit | ½ ripe coconut |
| ½ onion | 1 teaspoon curry powder or pepper |
| 2½ cups water | ½ pawpaw |
| 1½ tsp. salt | (this can be omitted) |
| | Can of corned beef. |

Method:

- 1) Cut the breadfruit into slices, peel off the skin and cut out core.
- 2) Boil water and add salt.
- 3) Chop pawpaw.
- 4) Chop onion.
- 5) When the water is boiling put in the slices of breadfruit.
- 6) Add the meat, onion, and pawpaw.
- 7) Grate the coconut and squeeze in the coconut cream just before serving.

This recipe can be used with either meat or fish.

IN THE SOUP HEALTH POWER UPLIFT

| | |
|--------------------|----------------------------|
| Cut up: 2 tomatoes | 1 green pepper |
| 1 cucumber | 1 avocado (when available) |
| 1 squash | |

Add ½ small onion, chopped. a small clove garlic, chopped.

Mix all together.

Add 1½ - 2 cups water. Heat stirring occasionally for 20-30 mins.
Add 2 tbs. honey. Stir.

(Tom Owens)

VEGETABLE CREAM SOUP

3 cups vegetables
 1 onion
 2½ cups water
 1¼ cups milk

1 tablespoon fat
 3 tablespoons flour
 Salt
 Pepper or chillies

1. Cut up the vegetables.
2. Cook the vegetables in the water until they are soft.
3. Rub the vegetables through a sieve or squeeze them through straining fiber or mash them with a fork.
4. Melt the fat in a saucepan.
5. Add the flour and stir it over the fire for a few minutes until the mixture bubbles.
6. Add the mashed vegetables and vegetable water and stir until boiling. Add the salt and pepper or chillies.
7. Add the milk and heat before serving.

Vegetables suitable for this soup are pawpaw, pumpkin, kumala (yellow is best), carrots, parsnip, eggplant, tomato, onion, duruka, peas, potato, yam, cauliflower.

Salads and Salad Dressings

VEGETABLES (for Salads)

Breadfruit - Puncture a breadfruit with a skewer in several places. Put in the oven at 350°F and bake about one hour. Test with a skewer to see if soft.

Kumala - Scrub well and then steam or boil until soft. When cool remove skins.

Taro - Peel first and then steam or boil until soft.

Yam - Bake or steam in the skin or peel and boil.

Vudi - Boil or steam and then peel.

* * * * *

CHEESY BEAN SALAD

| | |
|-----------------|------------------------------|
| Cheese | $\frac{1}{4}$ cup mayonnaise |
| apples | sugar |
| 2 T lemon juice | 2 tsp. salt |
| long beans | black pepper |

Cube cheese. Core and chop apple(s). Place in a bowl with lemon juice. Slice long beans. Cook 5 mins or until tender but still crisp. Allow to cool. Toss beans, cheese, and apple together. Add mayonnaise. Season with sugar, salt and pepper.

LONG BEAN SALAD

| | |
|-------------------|-----------------------------|
| 2 cups long beans | |
| French dressing | $\frac{1}{4}$ t dried basil |

Wash, cut and cook long beans until just tender (3 to 4 minutes). Drain and allow to cool. Toss in French dressing, sprinkle with basil and serve.

OTA SALAD

ota
water
salt
dressing

Select a bunch of very young, well-curved ota (frond stage). Cut off the top 4 to 5 inches of crisp stalk. With a sharp knife, split the stalks into four. Place in boiling salty water and cook for 2 minutes, turn over and cook another 2 minutes. Ota must be very crisp, do not overcook. Drain well and cool. Serve with dressing.

COLE SLOW

$\frac{1}{2}$ c mayonnaise
 $\frac{1}{2}$ c vinegar
 $\frac{1}{4}$ c sugar
cabbage

Mix mayonnaise, vinegar and sugar. Shred cleaned cabbage (raw) and mix with dressing.

BANANA COLESLAW

1 small to medium cabbage - shredded or chopped
2 ripe bananas
5 Tbs. mayonnaise
1 tsp. lemon juice
salt to taste

Mix cabbage with other ingredients. (See mayonnaise recipe.)

PAWPAW SALAD*

$\frac{1}{2}$ cup diced pawpaw
2 tsp finely chopped onion
 $\frac{1}{4}$ cup finely chopped Chinese cabbage or lettuce
 $\frac{1}{4}$ tsp salt
1 T salad dressing
 $\frac{1}{4}$ cup grated cheese (opt.) $\frac{1}{4}$ cup chopped nuts (opt.)

Mix all ingredients together. Serve on lettuce leaves or put in pawpaw shell.

STUFFED AVOCADO SALAD*

- 1 avocado pear
 $\frac{1}{4}$ cup pawpaw (cut into small pieces)
 $\frac{1}{4}$ cup pineapple (cut into cubes)
 1 T grated coconut (chopped finely)

Cut avocado in half and remove the stone. Remove flesh and mix with pineapple and pawpaw. Replace in avocado shell. Sprinkle with grated coconut. Place on lettuce leaf.

TROPICAL SALAD*

- $\frac{1}{2}$ cup finely chopped Chinese cabbage
 2 T chopped freshly grated coconut
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp sugar
 $\frac{1}{2}$ tsp finely chopped green pepper
 1 T chopped nuts

Mix all together. Serve on lettuce leaves.

FRUIT SALAD*

- A variety of fruits
 lemon juice
 coconut cream
 sugar

Peel the fruit. Cut into dice or even-sized pieces. Mix the fruit with enough sugar to sweeten. Add lemon juice. Serve in $\frac{1}{2}$ orange skin, pawpaw shell or glass dish.

WALDORF SALAD

- | | |
|----------------------------------|-------------|
| Sliced apples | honey |
| raisins | olive oil |
| cubed pineapple | lemon juice |
| nuts (almonds, cashews, peanuts) | |

Mix first four ingredients. Mix with honey, olive oil and lemon juice to coat whole salad. (Tom Owens)

BAISEISEI

rou rou stalks
 water
 salt
 lemon juice or miti
 onion

Select light green young stalks of rou rou. Remove the leaves or use pink or green thick stems of the root from which the leaves have been removed. Carefully strip off the outer skin. Cut into 4-inch pieces, tie into bundles and place in boiling salted water. Boil a few minutes until just tender. Remove and drain. With a sharp knife or a fork, shred the stems. Just before serving add lemon juice or miti to just cover the shredded stems, and a little finely chopped onion.

SPICED KUMALA AND BANANA SALAD

| | |
|-------------------------------|-------------------------------|
| 1 lb cooked kumala | 2 crushed cloves garlic |
| 4 ripe bananas | $\frac{1}{2}$ c mayonnaise |
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{4}$ c chopped onion |
| 2 T oil | |
| 2 t curry powder | |

Cut kumala into cubes. Slice bananas and marinate in lemon juice. Heat oil in a saucepan. Saute curry powder and garlic in oil. Cool and combine with mayonnaise. Combine kumala and banana. Fold in curry dressing and onion.

TROPICAL DRESSING*

$\frac{1}{2}$ cup thick coconut cream
 1 T lemon juice
 a little chilli
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp chopped onion

Mix all ingredients together

HERB SALAD DRESSING

| | |
|-------------------------------|---------------------------|
| 1 cup soy or olive oil | $\frac{1}{4}$ tsp basil |
| $\frac{1}{3}$ cup lemon juice | $\frac{1}{4}$ tsp thyme |
| 2 Tbs honey | $\frac{1}{4}$ tsp garlic |
| $\frac{1}{4}$ tsp oregano | $\frac{1}{4}$ tsp paprika |

Mix all together and beat well.

(Tom Owens)

SALAD DRESSING

| | |
|--------------------|---------------------------|
| 1 sm. clove garlic | 1 t sugar |
| 1 t salt | $\frac{1}{4}$ C vinegar |
| dash of pepper | $\frac{3}{4}$ C salad oil |

Crush garlic in the salt, add pepper and sugar. Beat in vinegar and then salad oil. Store in a bottle and shake well before using.

Variations:

Fresh herb dressing. Add 1 T finely chopped fresh herbs to $\frac{1}{2}$ C fresh dressing just before serving.

Curry dressing: Add 1 tsp. curry powder to 1 C dressing.

FRENCH DRESSING

$\frac{1}{2}$ cup olive oil
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ cup tomato juice (squeeze a tomato for juice)

Mix all together and beat well. (Tom Owens)

LEMONAISE SALAD DRESSING

2 Tbs. almonds (flaked very finely)
 1Tbs lemon juice

Mix together and let stand for 15 mins.

2 TBS. olive oil

Add to above and beat into a cream, (Tom Owens)

Add: caraway, aniseed or mustard seeds.

SALAD DRESSING*

| | |
|------------------------------|------------------------------------|
| 1 tablespoon flour | $\frac{1}{2}$ tablespoon margarine |
| $\frac{1}{4}$ cup milk | $\frac{1}{8}$ cup vinegar |
| $\frac{1}{2}$ teaspoon sugar | $\frac{1}{4}$ teapoon salt |

Melt margarine. Add flour and milk gradually. Stir over heat till boiling. Cook 5 minutes. Beat well. Add sugar, seasoning and vinegar.

MAYONNAISE

1 egg yolk
 $\frac{1}{2}$ t salt
pepper
 $\frac{1}{2}$ t dry mustard
 $\frac{1}{2}$ t sugar.

1 T white or malt vinegar
1 C salad oil

Yield $1\frac{1}{4}$ cups

Beat egg yolk with salt, pepper, dry mustard and sugar. Add vinegar and continue beating. Slowly add salad oil drop by drop, blending thoroughly. Thin to desired consistency with a further $\frac{1}{2}$ or 1 T vinegar after mixture thickens. Store in a covered jar. Will keep well if refrigerated; without refrigeration, use immediately.

Main Course and Accompaniments

TUNA FISH RICE

| | |
|---|-----------------------------------|
| 3 Tbs. Butter | 2 cups cooked rice |
| $\frac{1}{4}$ cup chopped onion | $\frac{1}{4}$ cup chopped parsley |
| 7 oz. tuna, drained and flaked (or any tinned fish) | Salt |
| | Paprika |
| | 1 tsp. soy sauce (optional) |

Melt butter in a large saucepan. Add onion and cook slowly until tender. Stir in gently: fish, rice, parsley, salt and paprika. Heat thoroughly, stirring lightly to keep from sticking.

CHEESE AND TUNA RICE

| | |
|--|---|
| 1 cup uncooked rice | |
| 1 tablespoon chopped onion | |
| $\frac{1}{4}$ cup chopped green pepper | |
| $\frac{1}{2}$ cup milk | |
| 8 ozs. cheddar cheese, shredded |) $\frac{1}{2}$ can of cheese soup thinned with milk may be substituted |
| 1 can tuna | |
| Good pinch pepper. | |

Cook rice in plenty of boiling salted water. Add onion, green pepper after 10 minutes and then continue cooking until rice is tender. Drain and rinse. Place in a serving dish and keep warm. Sauce: place the milk in a saucepan; add the shredded cheese and cook, stirring until smooth. Add the Tuna and pepper and reheat. Serve over the hot cooked rice. 4 serving

FISH AND RICE CASSEROLE

| | |
|--------------------------------|----------------------------------|
| 6 oz. rice | $7\frac{1}{2}$ oz. tinned fish |
| $\frac{3}{4}$ pint water | 1 heaped Tbs. dry breadcrumbs |
| $\frac{1}{4}$ tsp. salt | 1 oz. butter |
| 3 oz. grated cheese | Salt and pepper |
| $\frac{3}{4}$ pint white sauce | |

Put rice, water and salt into saucepan. Bring to boil, stir once. Cover tightly and simmer for 15 minutes. Add the cheese to the whitesauce, with the liquid from the tinned fish, season to taste. In a buttered casserole arrange alternate layers of rice, flaked fish and sauce, finishing with a layer of rice. Sprinkle with breadcrumbs and dot with butter. Bake in a moderate oven (350°) for 20-30 minutes. Serve hot. Serves 4.

FISH CHEESE LOAF

| | |
|--------------------------------|--|
| 2 c tinned fish | 1 T melted butter |
| $1\frac{1}{2}$ c grated cheese | $\frac{1}{2}$ tsp salt |
| 1 egg, well beaten | pepper |
| 3 T milk | cracker or bread crumbs to make a stiff mixture |

Mix all ingredients together well. Pack into a baking tin. Cover with buttered crumbs. Bake at 375° until golden brown.

CHEESE FISH CASSEROLE

| | |
|--------------------------------|----------------------------|
| 8ozs. tin flaked, drained fish | $\frac{1}{2}$ tsp. salt |
| 3 oz. breadcrumbs | pepper |
| 1 onion, chopped finely | a little paprika pepper |
| 2-3 oz. grated cheese | $\frac{1}{2}$ pt. hot milk |
| 2 eggs. | 8 ozs. mashed potato |

Mix together the breadcrumbs, onion, cheese and seasonings and pour hot milk over. Allow to stand for a few minutes so that the breadcrumbs can swell and absorb the liquid. Add the beaten eggs and fold lightly flaked fish. Turn into a greased dish and bake in a moderate oven for 30 minutes. Pipe the mashed potato round and brown under a heated griller.

FISH AND CHEESE RISOTTO

| | |
|-------------------------------|------------------------|
| 8 oz. rice | 8 oz. tinned fish |
| 1 pint water | Seasoning to taste |
| 1 tsp. salt | 2 oz. grated Parmesan |
| 1 lb. ripe tomatoes <u>or</u> | cheese |
| 1 tin of tomatoes | 3 Tbs. chives or onion |
| 1 oz. lard or dripping | tops, chopped |
| 4 oz. onion, finely chopped | (optional) |

Put rice, water and salt into saucepan. Bring to boil, stir once. Cover tightly and simmer for 15 minutes. Scald and peel the tomatoes, then chop into dice pieces. Melt dripping in a saucepan. Fry onions on a low heat for 5 minutes, or until transparent. Add the tomatoes and fish. Reduce the heat and cook for 10 minutes. Season to taste. Serve rice in a dish and pour the tomato-fish sauce over the top. Sprinkle with grated Parmesan cheese and herbs.

FISH CASSEROLE

| | |
|-------------|----------------|
| tinned fish | 1 onion |
| 2 t butter, | 2 tsp. vinegar |
| 1 c water | salt |
| 2 t. flour | pepper |

Slice onion thinly and fry in butter until golden brown, Add flour and cook a few minutes before adding vinegar and water, then boil all together for a few minutes. Add pepper and salt. Put fish in baking tin, pour over the sauce and cover. Bake for 15 minutes in a moderate oven.

With fresh fish : Cut fish into small pieces (about 2 $\frac{1}{2}$ in). and proceed as above.

BAKED FISH LOAF

| | |
|---|-----------------------------|
| 1 3/5 cups cooked flaked fish or tinned fish | 1/4 tsp. paprika |
| 1 egg | 2 tsp. lemon juice |
| 1/5 cup milk | 1 Tbs. melted butter |
| salt, pepper to taste | 3 Tbs. minced chives |
| | 2 Tbs. chopped green pepper |

Combine all ingrediants and mix until thoroughly blended. Put mixture into a buttered baking dish and bake in 400° oven for 25 minutes. Serves 4.

TUNA CASSEROLE

| | |
|------------------------------------|-----------------------------|
| 8 oz. elbow macaroni | 1 tsp. salt |
| 1 lg. can evaporated milk | 1/2 tsp. dry mustard |
| 1 cup grated cheddar cheese | 1 Tbs. instant minced onion |
| 7 oz can tuna, drained and flaked. | 2 tomatoes, sliced |
| | 1/2 C grated cheddar cheese |

Cook macaroni according to package directions; drain and combine with next 6 ingredients; toss until well blended. Put mixture into a greased casserole, top with tomato slices and sprinkle with grated cheese. Bake in a 325° oven for 30 minutes.

SAVOURY FISH HASH

| | |
|---|--------------------------------|
| 1 1/5 cups cooked flaked fish or tinned fish | 2/5 cup milk |
| 4/5 cup cooked, diced potatoes | 1 tsp. prepared mustard |
| 1 hard-cooked egg, chopped (optional) | 1/4 tsp. salt |
| 2 Tbs. chopped green pepper | 1/4 tsp. Worchestershire sauce |
| 2 Tbs. melted butter | pinch paprika |
| | 1 1/2 tbs. butter |

Combine all ingredients except the 1 1/2 Tbs. butter, and mix until blended. Melt butter in a large frying pan; add the fish mixture and flatten out in frying pan. Cover and cook over low heat until bottom is browned. Fold over and serve. Serves 4.

CURRIED FISH AND COCONUT*

| | |
|--|-----------------------|
| 1/2 cup fish, chopped finely or tinned fish | 1/2 Tbs. margarine |
| 1/4 tsp. salt | salt |
| 1/2 cup coconut cream | 1/4 onion |
| 1/2 potato | 1/4 eggplant |
| shake of pepper | 1/2 Tbs. curry powder |

Melt margarine, add chopped onion and fry a little. Add diced potato, eggplant, salt, pepper and curry powder and cook a few minutes. Add fish and coconut

cream and simmer 15-20 minutes. Serve with boiled rice.

BASIC FISH OR VEGETABLE CURRY

| | |
|---------------------------|-----------------------------|
| Fish | 1 med. onion, chopped |
| Eggplant (+ fish) | 2 cloves garlic, chopped |
| Mixed vegetables (+ fish) | 1 heaping Tbs. curry powder |
| Carrots (+ fish) | 2-3 Tbs. oil |
| Fish and tomatoes | |

Brown the onion and garlic in the oil. Add curry powder and heat 5 minutes more. Now add vegetables in water or juice, or fish in natural oil and cook for 20 minutes more, simmering for the last 15 minutes. Be sure there is enough liquid to let the curry cook this long.

FISH AND CABBAGE CURRY

4 tbsp oil
 1 onion (finely chopped)
 $\frac{1}{2}$ tsp. jeera
 $\frac{1}{2}$ tsp. sarso
 6-7 chillies
 2 tbsp curry powder
 1 small tin fish
 salt to taste
 $\frac{1}{2}$ bundle cabbage (chopped into small pieces)

Heat oil in a pot.

Add onion, jeera, and sarso and fry until golden brown. Make a paste of ground garlic, chillies and curry powder. Fry in the oil.

Add fish; salt and cook for 3-5 minutes.

Serves 4.

FISH IN COCONUT SAUCE (2-4 servings)

1 medium fish or 1 tin mackerel
 $\frac{1}{2}$ pint or 1 $\frac{1}{4}$ cups coconut cream (lolo) (medium thickness)
 1 rounded tsp. salt
 1 small onion
 1 chilli (can be left out)

Method:

- 1) Pour a little of the coconut cream into the pot.
- 2) Cut the fish in two and place in the pot.
- 3) Add the rest of the coconut cream.
- 4) Add the onion, chilli and salt and slowly bring it to the boil.
- 5) Cook slowly until the fish is cooked (15-20 minutes).
- 6) Serve hot with lemon juice if you like.

SAMOSAS

| | |
|-------------------------------------|----------------------|
| Oil for cooking | 1 small piece ginger |
| $\frac{1}{4}$ tsp. sarso | 2-3 cloves garlic |
| $\frac{1}{4}$ tsp. jeera | 2-3 chillies |
| $\frac{1}{2}$ onion, finely chopped | 3 tsp. curry powder |
| 1 small tin fish. | |

Heat oil in a pot

Add sarso, jeera, and chopped onion. Fry until golden brown.

Add ground ginger, garlic, chillies, and curry powder.

Add fish. Cook until liquid dries out.

Prepare puree dough - Rub the ghee into the sharps

Add water and make a firm stiff dough.

Roll out small purees and fill in the fish mixture.

Fold in the edges and deep fry in hot oil until golden brown

Variations for fillings:

Grated coconut browned with sultanas, cardomons and ground ginger added to it.

Semolina browned with sultanas, sugar and cardomons added to it.

Minced meat (prepared as for fish)

Makes 20

LUMI JELLY WITH TINNED FISH

1 coconut
2 handfuls lumi
1 onion, chopped
1 small tin fish

Boil the lolo. Add washed and cleaned lumi

Stir all the time and then add onion

Mash fish with a fork

When lumi strands are cooked add fish

Stir well until it starts to boil.

Pour into a bowl or dish and let it set.

Serves 4.

NAMA WITH KORA AND TINNED FISH

2 handfuls nama
2 handfuls kora
1 small tin fish
1 onion, finely chopped

Wash nama and drain away water

Add kora to the nama and mix well together

Add tinned fish & mix well

Add chopped onion and serve. Serve 4.

CREAMED FISH

| | |
|-------------|--------|
| Tinned fish | Salt |
| White Sauce | Pepper |

Add drained tinned fish to white sauce, using 1 cup of sauce to each $\frac{1}{2}$ to 1 cup of fish. Heat in a double boiler. Season highly to taste. Serve on toast or with rice etc.

Variation: Put creamed fish in buttered casserole dish and cover with buttered bread crumbs ($\frac{1}{2}$ cup to 2 cups of fish mixture). Bake in a hot oven until crumbs are brown. (Grated cheese may also be mixed with the breadcrumbs.)

SCALLOPED FISH

| | |
|------------------------------------|---|
| 3 Tbs. butter | 1 cup tinned fish |
| 1 green pepper, cut fine <u>or</u> | $\frac{1}{2}$ cup breadcrumbs |
| 1 onion, sliced thinly | Salt |
| 2 Tbs. flour | Pepper |
| $1\frac{1}{2}$ cups milk | $\frac{1}{2}$ cup buttered crumbs (optional) |

Melt butter in a pan. Add pepper or onion and cook until soft. Stir in flour and blend until smooth. Add milk and cook and stir until thick and smooth. Add fish, breadcrumbs and seasonings. Here you can either:

- 1) Heat, stirring until whole is well-mixed. or
- 2) Put in a baking dish and cover with the buttered crumbs. Bake at 375° until brown (about 30 min.) Serves 4.

CROQUETTES

| | |
|-------------------------|-----------------------|
| 2 cups tinned fish | Few drops onion juice |
| $\frac{1}{2}$ tsp. salt | 1 tsp. finely chopped |
| Dash of pepper | parsley |
| 1 tsp. lemon juice | 1 cup white sauce |
| Bread or cracker crumbs | Oil for frying |

Mix thoroughly: fish, salt, pepper, lemon juice, onion juice, parsley and white sauce. Use enough sauce to keep the mixture soft, but stiff enough to hold its shape. Form small amounts of the mixture into balls or patties. Dip in crumbs and fry until golden brown. Serves 6.

FISH CAKES

| | |
|-------------------------|-----------------|
| Tinned fish | Milk |
| 4 cooked potatoes | Salt |
| 1 onion, chopped | Pepper |
| 1 tsp. butter | Breadcrumbs |
| 1 egg, beaten <u>or</u> | (to coat cakes) |
| 2 Tbs. flour | |

Mash potatoes, add onion, butter and enough egg (or flour) and milk to bind mixture; it must not be too soft. Add fish. Turn mixture on to floured board. Shape into fish cakes. Dip in beaten egg (or milk), then into breadcrumbs. Fry in deep or shallow fat until golden brown. Drain on absorbent paper. Serve with tomato sauce or wedges of lemon.

TUNA BURGERS

1 egg, beaten
 $\frac{1}{2}$ cup mayonnaise or salad dressing
 1 tablespoon lemon juice
 2 tablespoons minced onion
 Dash of pepper
 2 tablespoons flour
 2 cans tuna, drained and flaked

Combine egg, mayonnaise or salad dressing, lemon juice, onion and pepper; mix well. Stir in flour and tuna. Drop tuna mixture by large spoonfuls into small amount of fat or oil at medium temperature in large skillet. Flatten tuna mixture with back of spoon to form a patty. Brown on both sides.

FISH QUENELLES

| | |
|-----------------------|---------------|
| Tinned fish | 1 egg, beaten |
| 1 oz. butter | 1 T cream |
| 3 T flour | salt |
| $\frac{1}{4}$ C. milk | pepper |

Melt butter, stir in flour and cook for 2-3 mins. Remove from heat and gradually stir in milk. Return to heat and stir until sauce thickens. Remove from heat and stir in fish, egg, cream and generous amount of salt and pepper. Grease a large frying pan; three-quarters fill it with water and heat to simmering point. Form fish mixture into egg-shaped or oval pieces, put in pan and simmer for about 10 mins., basting well, until the quenelles are swollen and just set. Remove from pan and serve with a well-flavored sauce.

SEAFOOD A LA KING

| | |
|--|--------------------------------------|
| $\frac{1}{4}$ cup chopped green pepper | 4/5 cup canned fish, flaked |
| boiling water | 3 hard-cooked eggs, chopped |
| 3 tbs. butter | 2/5 cup canned mushrooms, drained |
| 3 tbs. flour | 1 pimiento, chopped |
| $\frac{1}{2}$ tsp. salt | 2 tbs. lemon juice. |
| pinch paprika | |
| 2 1/5 cups milk | |

Cover green pepper with water and cook until tender; drain and set pepper aside. Melt butter, stir in flour, salt and paprika until smooth; slowly add milk, stirring until sauce thickens. Add pepper and remaining ingredients; stir until hot. Serves 6-8.

FISH STEW

Water
Fish
Salt
Vegetables - any kind

Method:

- 1) Peel the vegetables and cut them into even sized pieces
- 2) Put the vegetables in a saucepan with enough water to cover them.
- 3) Add the salt and cook slowly (simmer) over the fire
- 4) When the vegetables are half cooked, add the fish (the fish should be cut into even pieces and taken off the bones)
- 5) Simmer until the fish is cooked.

Variation

- 1) Use coconut water, vegetable water or milk instead of water.
- 2) Add grated coconut.
- 3) Add rice or grated cassava to thicken the stew when adding the fish.
- 4) Thicken the stew when it is cooked with 2 tablespoons of flour to every pint of liquid.
- 5) Add milk to the stew before it is thickened
- 6) Add tinned vegetables to the stew.

FISH AND VEGETABLE TEMPURA

| | |
|----------------|------------------------|
| Mixed fish | $\frac{1}{2}$ t sugar |
| Vegetables. | 1 egg, beaten |
| Oil for frying | $\frac{1}{2}$ cup milk |
| | 1 cup flour |

Any kind of white fish, prawns etc., carrots, onions, sweet potatoes, green beans, radishes and so on can be used in this dish.

Cut the fish into strips about $\frac{1}{4}$ - $\frac{3}{4}$ inch thick and of even length; leave prawns whole. Wash vegetables and cut into strips about same size as the fish.

Make batter by adding the sugar and egg to the flour and beating in the milk, add a little water if the batter is too stiff. Dip the fish pieces and the vegetable strips into the batter and fry in hot oil.

FISH AND POTATO CASSEROLE

| | |
|-------------------|---------------------------|
| Tin fish. | Salt & pepper to taste |
| Potatoes 3 medium | Butter 1 oz. |
| Onion - 1 medium | Breadcrumbs 3 tablespoons |
| Juice of 1 lemon | |

- 1) Butter a shallow pot or bombay pot.
- 2) Peel and slice potatoes and onions. Sprinkle fish with lemon juice, salt and pepper. Place sliced vegetables over fish. Dot with butter. Bake for 15 minutes at 400°F.
- 3) Sprinkle on breadcrumbs. Bake for another 15 minutes at 300°F.

YAM FISH BALLS

| | |
|------------------------------|-----------------|
| Tinned fish | fat |
| $\frac{1}{2}$ c boiling milk | cold boiled yam |
| flour | 1 egg |

Mash yam. Add boiling milk and mix well, then add fish and egg and mix well. Make mixture into small balls and roll each in the flour and fry in deep fat. Serve hot.

ASARO (Fish and Yam Pie)

| | |
|------------------------------|------------------------------------|
| 2 lb. yams (sweet potatoes) | 2 green peppers, seeded |
| salt and pepper | $1\frac{1}{2}$ lbs. fish fillets |
| butter or oil | (tinned fish may be substituted) |
| 3 onions, skinned and sliced | 1 lb. tomatoes, skinned and sliced |

Peel and slice the yams and cook immediately in boiling salted water until just tender; drain. Heat the butter or oil and saute the onions until clear, then add the sliced peppers and cook 5 min. more. Skin the fish and cut into chunks. Lightly oil a shallow ovenproof dish. Place half the yams in a layer on the bottom, cover with the fish and top with the onion - pepper mixture, seasoning well with salt and pepper. Finish with the remaining yams and the tomatoes. Brush with oil or dot with butter and sprinkle with salt and pepper. Bake in the center of the oven for 25-30 minutes. Serves 6.

FISH AND DURUKA

1 tsp. oil for frying
 1 onion (finely chopped)
 1 tbsp curry powder
 1 med. tin fish
 10-12 duruka (boiled)

- 1) Heat oil and fry onion till golden brown.
 - 2) Add curry powder and mix well.
 - 3) Add fish and duruka and cook a further 5 minutes.
- Serves 4.

BAKED AVOCADO AND FISH

| | |
|------------------------------|--------------------------------|
| 2 large avocados | $\frac{1}{4}$ tsp. thyme |
| lemon juice | pinch pepper |
| 2 Tbs. butter | $\frac{4}{5}$ cup tinned fish, |
| 2 Tbs. flour | drained & flaked |
| $\frac{4}{5}$ cup milk | 1 hard-cooked egg, |
| $\frac{1}{4}$ tsp. salt | chopped (optional) |
| 4 Tbs. mayonnaise (optional) | 1 Tbs. chopped onion |

Cut avocados in half lengthwise; remove pits, rub inside surfaces with lemon juice and set aside. Melt butter, blend in flour and gradually add milk, stirring continually over low heat until sauce is smooth and thickened; add seasonings, fish, egg, onion and stir until well-blended. Heap mixture in center of avocado halves and bake in 375° oven for 15 minutes. Remove from oven, top each with 1 Tbs. mayonnaise and bake 5 minutes longer. Serves 4.

FISH PIE

| | |
|------------------------|-----------------------------------|
| Tinned fish | salt and pepper |
| 1 oz. butter | 4 oz. flaky pastry |
| 3 Tbs. flour | <u>or</u> |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup breadcrumbs and |
| 2 Tbs. chopped parsley | 2 oz. grated cheese |

Melt butter, stir in flour and cook for 2-3 min. Remove from heat. Open tinned fish and pour liquid into $\frac{1}{2}$ cup measuring cup. Add water if necessary to make up $\frac{1}{2}$ cup. Gradually stir the fish liquid and the milk into the flour mixture. Bring to the boil and continue to stir until the sauce thickens.

- If using pastry: Mix half the sauce with the fish, parsley, salt and pepper. Roll out pastry thinly into large square and place on a baking tray. Put filling in center and draw sides of pastry up to form an envelope shape. Press edges together. Bake at 400° for about 30 mins.

(until golden brown.) (May be brushed with milk before putting in oven to "glaze")

- If using breadcrumbs: Mix fish, parsley, salt and pepper with sauce. Put in baking pan. Mix breadcrumbs and grated cheese. Dot with butter. Bake at 350° until cheese melts.

BAKED VUDI AND FISH*

| | |
|------------------------|------------------------------|
| 1 vudi | 2 pieces fish or tinned fish |
| $\frac{1}{2}$ cup lolo | $\frac{1}{2}$ onion |
| 1 tomato | $\frac{1}{4}$ teaspoon salt |
| a shake of pepper | |

Peel vudi and slice. Wrap vudi and fish in a banana leaf. Place in a dish. Add other ingredients and cook till fish is tender (30-45 minutes).

DINNER IN A NUT SHELL (1 serving)

1 mature coconut, husked
 chopped fish or corned beef
 Green vegetables
 Grated coconut
 Coconut cream
 Salt.

Method

- 1) Remove the top off the coconut
- 2) Remove most of the flesh with a grater.
- 3) Mix together the fish, vegetables, grated coconut and coconut cream. Add salt to flavour.
- 4) Fill the shell with mixture
- 5) Replace the top, tie on, if necessary, and steam for 1 hour.

FRIED SPICED FISH

| | |
|-------------------------|-------------------------------|
| Fish fillets | $\frac{1}{2}$ t. salt |
| milk | $\frac{1}{2}$ t. curry powder |
| $\frac{1}{3}$ cup flour | oil. |

Cut filleted fish into servings and dip in milk. Mix flour with salt and curry powder. Dip the fish in this mixture and fry until golden brown in hot oil.

GRILLED NUQA

Take small whole fish and wrap each in a young banana leaf. Grill on the embers. When removing the fish from the leaf do not waste the liquid which will have collected.

BAKED FISH

| | |
|------------|-----------------|
| Fish | 2 T lemon juice |
| 1 T butter | salt & pepper |

Put fish in baking pan and add about one tablespoon butter, 2 tablespoons lemon juice, pepper and salt and bake 20 mins in moderate oven (350°)

NUQA IN DALO LEAF

Cut the fish into small fillets. Wash carefully as many very young dalo leaves as needed. Moisten each fillet well with lolo (or white sauce). Wrap each moistened fillet in a dalo leaf. Place the fillets in a shallow pan with enough lolo to cover and stew gently until leaf is well cooked. Instead of stewing may be fried in very hot fat.

KOKODA (4 servings)

| | |
|----------------------------------|---------------------------|
| 1 lb or 2 cups fish (walu) | $\frac{1}{2}$ small onion |
| salt | pepper |
| 2-3 lemons | chives |
| $\frac{1}{2}$ carrot | |
| $\frac{1}{2}$ tomato | |
| $\frac{1}{2}$ small green pepper | |
| 3 coconuts | |

Method:

- 1) Clean the fish, remove all the bones and skin and any dark flesh.
- 2) Cut up fish into even sized pieces
- 3) Cover with lemon juice and plenty of salt, leave until tender and white, appx. 1-1 $\frac{1}{2}$ hours
- 4) Make coconut cream
- 5) Chop the tomato (outside only) pepper, chives, and onion very finely. Grate the carrot.
- 6) Drain off the salt and lemon juice from the fish when ready.
- 7) Add the coconut cream to the fish, taste, include more lemon juice if necessary. Chill.
- 8) Just before serving add the prepared vegetables
- 9) Serve cold.

KAI (shell - Fish)

Place kai in a tin of clean water for three days. Change water daily. Then place them in a saucepan of boiling water. Put lid on and cook until froth appears on top of water. When shell- fish open they are cooked. Throw away shells and serve with salt.

PRAWNS MARINARA

| | |
|--------------------------|-----------------------------------|
| 2 Tbs. oil | 1 Tbs. basil |
| 1 clove garlic, minced | 1 Tbs. chopped parsley |
| $\frac{1}{4}$ tsp. sugar | 6 tomatoes; peeled and chopped |
| $\frac{1}{2}$ tsp. salt | 1 lb. raw prawns |
| Pepper | |

Heat oil in pan, add garlic, sugar, seasonings, parsley and tomatoes; stir and let simmer over low heat for 25 minutes. Peel and clean prawns and add to mixture. Cover and cook until prawns turn pink (about 8 minutes).

(PRAWN) SHRIMP JAMBALAYA

| | |
|--|--------------------------------|
| 2 pounds shrimp | 3 large onions, finely chopped |
| 3-4 ripe tomatoes or 2 cups canned tomatoes | 1 tsp. chili, chopped |
| $1\frac{1}{2}$ cups rice | 2 garlic cloves |
| 2 tablespoons butter | 3 quarts of water |
| 2 tablespoons flour | Salt and pepper to taste |

Clean and boil shrimp. Place butter in saucepan and add onions. Brown. Add flour and mix well; add spices. Cook 10 minutes. Add finely chopped tomatoes. Cook 10 to 15 minutes. Add water & boil, add shrimp and washed rice. Stir often until rice is cooked. Serve hot.

SAUTEED PRAWNS & CUCUMBER

| | |
|-----------------------|--------------------|
| 1 lb raw prawns | 2 tsp. cornflour |
| 1 tbs. sweet vermouth | 2 cucumbers |
| 2 tbs. salt | 3 tbs. cooking oil |
| 1 tsp. sugar | chopped chives |

Peel and clean prawns and place in a shallow bowl. Combine vermouth with salt, sugar and cornflour; pour mixture over prawns, cover and let stand about 1 hour. Peel cucumbers, quarter lengthwise, seed and cut into 1 - inch pieces. Heat 1 tbs. oil and saute cucumbers until transparent. In a separate pan heat 2 tbs. oil and saute drained prawns until they turn pink. Add cucumbers to shrimp and stir over low heat for 3 minutes. Garnish with chives and serve. Serves 4.

SCAMPI

| | |
|--------------------------|-----------------------------|
| 2 lbs. raw prawns | $\frac{1}{5}$ cup salad oil |
| 2 cloves garlic | 1 tsp. salt |
| $\frac{1}{5}$ cup butter | 1 Tbs. lemon juice |

Peel and clean prawns and place in a shallow pan. In a separate pan saute garlic for three minutes in butter mixed with oil, add salt, stir in lemon juice and pour mixture over prawns. Grill about three inches from heat, for 5-6 minutes, turning prawns once. Serves 4.

BENGALI LOBSTER BALL CURRY

| | |
|---------------------------------|----------------------------------|
| 1 large boiled lobster | $\frac{1}{2}$ tsp. ginger powder |
| 1 dessertspoon coriander seeds | 3 bay leaves |
| 1 egg | $\frac{1}{2}$ tsp. garlic salt |
| breadcrumbs | 1 tsp. salt |
| 1 large onion | $\frac{5}{8}$ cup hot water |
| 3 Tbs. oil | juice $\frac{1}{2}$ lemon |
| $\frac{1}{4}$ tsp. chili powder | |

Mince the lobster meat and crush coriander seeds. Mix together, and make into balls. Dip first into beaten egg, then into breadcrumbs. Put aside. Slice the onion. Heat the oil and fry the onion in it until brown. Add all the spices, bay leaves and salt and fry for 5 min. Now add the fish balls and the hot water, and simmer for 10 min. Add the lemon juice. Shake the pan and remove from heat. Serve with rice.

SAVORY MEAT OR FISH ROLL

| | |
|--|------------------------|
| 1 quantity biscuit dough | Chopped onion or green |
| 1 cup (or more) tinned fish or meat | pepper |
| | Salt |
| Gravy or sauce to moisten | Pepper |

Roll biscuit dough into oblong $\frac{1}{4}$ -inch thick. Mix meat or fish with enough gravy or sauce to moisten it, onion or pepper, salt and pepper. Spread this mixture over the dough. Roll up and put in a buttered baking pan with the fold underneath. Bake at 425° until well browned (20-30 minutes). Cut in slices and serve with gravy, sauce, or tomato sauce. Serves 4 to 6.

MEAT LOAF

| | |
|--|---------------------|
| 1 egg, slightly beaten | 1 cup bread crumbs |
| 2 tsp. salt | 2 Tbs. minced onion |
| $\frac{3}{4}$ cup water <u>or</u> milk | 2 lbs. ground beef |

Mix all ingredients together. Pat into a greased loaf pan. Bake 1 hour at 350°. Serve hot or cold.

Ways to vary meat loaf:

--In place of water or milk use canned tomatoes, gravy, undiluted mushroom, celery, tomato or mushroom soup, or $\frac{1}{2}$ cup ketchup and $\frac{1}{2}$ cup water.

--For added flavor, add up to $\frac{1}{2}$ cup grated cheese.

--Season to taste with Worchesterhire or Tabasco sauce or a pinch of thyme and/or basil or other herbs.

--To "step up" the protein use $\frac{1}{2}$ cup powdered milk and increase the liquid to 1 cup.

--To use leftovers, add cooked, chopped meats as part of the meat. Add up to 1 cup cooked peas, carrots (diced) or other cooked vegetables.

MEAT CARDINAL

$\frac{1}{4}$ cup vinegar
 $\frac{1}{4}$ cup jelly
 Salt & pepper

$\frac{1}{2}$ cup tomato catsup
 1 cup cubed, cooked or
 canned meat

Mix vinegar, jelly and catsup in a saucepan. Add meat and simmer about 20 minutes and season to taste with salt and pepper. Serves two or three.

BASIC CASSEROLE RECIPE

Cooked or canned meat or
 fish
 Cooked vegetable
 Cooked rice or diced boiled
 potato
 Gravy, white sauce or undiluted
 canned soup (or package soup
 made with $\frac{1}{2}$ the water)

Bread or cracker crumbs
 (for thickening)
 Milk or water
 (for thinning)
 Salt and pepper
 Onion juice or herbs
 Buttered crumbs

Cut meat or fish into small pieces. Add an equal amount of vegetables and rice or potato (if desired). Mix well and moisten with gravy, sauce or soup. If mixture is too thin, add breadcrumbs; if too thick, add milk or water. Season to taste with salt and pepper, or season more highly by adding onion juice and other herbs. Spoon into a casserole. Put on the cover or sprinkle buttered crumbs over the top. Bake about 30 minutes at 375°.

BEEF STOGANOFF

1 $\frac{1}{2}$ lb. rump steak, thinly sliced
 3 Tbs. seasoned flour
 2 oz. butter
 1 onion, skinned and sliced
 thinly

$\frac{1}{2}$ lb. mushrooms, sliced
 Salt
 Pepper
 $\frac{1}{2}$ pint soured cream

Beat the steak, trim, cut into strips $\frac{1}{4}$ inch by 2 inches and coat with the seasoned flour. Fry the meat in 1 oz. of the butter, until golden brown, about 5-7 minutes. Cook the onion and mushrooms in the remaining 1 oz. butter, season to taste and add to the beef. Warm the soured cream and stir into the meat mixture. Serve with rice or noodles.

SWISS STEAK

1½ lb. chuck or blade steak
 3 Tbs. seasoned flour
 4 med.-size onions, skinned
 and sliced
 2 oz. fat or oil
 3 Tbs. concentrated tomato paste

1 clove of garlic, skinned
 and crushed
 A 12½ oz. can tomatoes or
 1 lb. tomatoes, skinned
 and quartered

Trim the meat, cut into 8 portions and coat with seasoned flour. Brown the onions slightly for about 5 min. in half of the fat or oil; remove them from the pan. Add the rest of the fat or oil to the pan, brown the steak on both sides for 2-3 min. and reduce the heat. Add the garlic, tomatoes, paste and onions, stir, cover and simmer very gently for 2 hours.

GREEK BEEF AND ONION STEW

| | |
|---|-----------------------------------|
| 4 T butter | salt |
| 2½ lb. chuck or round, cut into ½-inch cubes | pepper |
| 3 T tomato paste | beef broth (use cube or Bovril) |
| 1 garlic clove, minced | 2 lb. onions, sliced |
| | ½ T ground cinnamon (optional) |

Heat the butter in a pan. Brown beef in it over high heat. Add tomato paste, garlic clove, salt and pepper. Add beef broth to barely cover the meat. Bring to boiling point and lower heat. Simmer, covered, over low heat for about one hour. Add onions and cinnamon to the meat. Continue to simmer for 15-20 mins. or until meat and onions are tender.

TO PREPARE MEAT

Find a new, untorn, banana leaf. Move it flatways over a flame (both sides) until it changes color. This makes the leaf strong. Then cut the meat into chunks, and set them on the leaf. Then chop up anything you like to add to the meat for flavor (onions, garlic, chillies, etc.) Add salt and any other helpers or modifiers and the flavorings to the meat. Wrap everything in the leaf by putting all the ends together and tying them. The bundle will look like a sack.

Set the sack in a couple of inches of water in a pot. Cover the pot. Then bring the water to a boil and steam the meat until its done - the times will vary (It takes about half an hour for heavy meats.) The meat will be juicy, tender and tasty - no oils needed. (Kathy Hoffman)

KABAB*

| | |
|-------------------------------|--------------------|
| $\frac{1}{4}$ lb. minced meat | 2 green chillies |
| 1 onion (small) | juice from 1 lime. |
| $\frac{1}{4}$ teaspoon salt | ghee or salad oil. |

Grind onion, chillies and salt. Mix with meat and lime juice. Heat a skewer and bind a portion of the mixture round the skewer. Smear with ghee. Place in fire or under griller. Turn frequently. When cooked slide kabab off skewer. Serve garnished with raw onion slices and tomatoes.

STUFFED ONIONS*

| | |
|--|--------------------------------------|
| 1 large onion | 1 teaspoon margarine |
| $\frac{1}{4}$ teaspoon salt | a shake of pepper |
| $\frac{1}{2}$ tablespoon cooked minced meat | $\frac{1}{2}$ tablespoon breadcrumbs |

Partly cook onions in boiling water. Drain well. Remove centres and chop finely. Melt margarine and mix with other ingredients. Put into onions. Cook in hot fat, basting well.

YAM AND MEAT BALLS*

| | |
|-------------------------------|------------------------------|
| $\frac{1}{2}$ cup minced meat | $\frac{1}{4}$ cup grated yam |
| $\frac{1}{2}$ green pepper | $\frac{1}{4}$ onion |
| 1 beaten egg <u>or</u> milk | $\frac{1}{4}$ teaspoon salt |
| shake of pepper | |

Mix all ingredients together. Shape into balls. Fry in smoking hot fat. Drain on soft paper.

CHOP SUEY

| | |
|--------------------------|---|
| 1 lb. meat-cut in strips | 1 Tbs. white wine (optional) |
| 2 Tbs. soy sauce | 1 Tbs. cornstarch |
| 1 Tsp. sugar | 4 cloves garlic |
| 1 tsp. salt | 1 piece ginger |
| oil for frying | vegetables (carrots, onions etc. whatever you have around) |
| 1 cup water | |

Crush garlic and ginger together (rolling them with a rock works well). Heat pan. After the pan is hot put in oil and then one vegetable with some of the garlic-ginger combination. When tender remove from pan; wipe pan and repeat the procedure until all vegetables are cooked. Then brown the meat adding the rest of the garlic & ginger and add water and allow to come slowly to a boil. Add soy sauce, sugar, salt, wine (if used) and cornstarch mixing well. Add all the vegetables to the meat and cook together for one minute. (Winna Dever)

TINNED MEAT IN DALO LEAVES
(2-4 servings)

1 tin meat
salt
coconut cream from 1 coconut
Young dalo leaves.

Method:

- 1) Mix the tinned meat, salt and coconut cream
- 2) Place on young dalo leaves. Wrap carefully in leaves.
- 3) Place inside banana leaves, and bake, boil or steam until the meat is heated through and the dalo leaves are cooked. Appx. $\frac{1}{2}$ hour.

SHEPHERD'S PIE

1 12 oz. tin meat or fish
Appx. 2 cups cooked mashed root vegetables
Salt
Pepper

Method:

- 1) Grease piedish or tin. Chop the meat finely
- 2) Put the meat in the bottom of the dish. Add tomato sauce, vegemite or chopped onion if liked. Add a little water.
- 3) Spread the vegetables over the top of the meat
- 4) Put the pie in a hot oven until the vegetables are brown on top.

RISSOLES (2-4 servings)

2 cups cooked or tinned meat
1 cup breadcrumbs
1 onion
1 egg
chopped parsley (or herbs) (can be left out)
2 tablespoons flour

Method:

- 1) Chop or mince the meat and onions finely.
 - 2) Mix all the ingredients together. Add a little water, milk or coconut cream if necessary to moisten the mixture.
 - 3) Make into flat cakes (makes about 6).
 - 4) Shallow fry in fat or oil until they are golden brown on the outside and heated through.
- variation: 1) Add extra flour and liquid and leave out the egg.
2) Use mashed root vegetables or cooked rice instead of breadcrumbs.
3) Use cooked or tinned fish instead of meat.

MEAT CAKES

Mix one tin corned beef or mutton with one grated onion and 1 tsp. mixed dried herbs. Divide the mixture into patties and shape into rounds. Heat 1 oz. fat or oil in a frying pan and fry the cakes over a low heat for 10 min. Turn them and fry the other side until crisp and brown.

SAUSAGE BEAN FEAST

| | |
|------------------------|--|
| 16 oz. can baked beans | $\frac{1}{2}$ tsp. mustard |
| 2 Tbs. tomato ketchup | $\frac{1}{2}$ lb. frankfurters, sliced |
| 1 Tbs. sugar | |

Combine all the ingredients in a casserole and bake uncovered in the center of the oven (350°) for 30-40 min.

CORNED BEEF CASSEROLE

| | |
|---|---|
| 2 lb. potatoes, peeled | 2 oz. fat or oil |
| Salt and pepper | 16 oz. can baked beans |
| 1 med. size onion, skinned and chopped | 12 oz. can corned beef (or mutton) cubed |

Cook the potatoes in boiling salted water for about 20 min., until just soft. Drain and dice them. Fry the onion in the fat or oil until pale golden brown--about 5 min. Add the diced potatoes and continue to fry until they are golden brown. Remove a quarter of the onion and potato from the pan. Add the baked beans and corned beef, mix and season well. Put the mixture into a casserole and sprinkle the remaining onion and potato over the top. Bake at 375° for 20 min.

CORNED BEEF HASH/ CORNED MUTTON HASH

| | |
|-----------------------------------|---|
| 1 can cornedbeef/or corned mutton | 1 tsp. salt |
| 1 onion | $\frac{1}{2}$ tsp. pepper |
| 4 medium potatoes | 2 chillies (if desired) |
| 3 tablespoons butter or salad oil | 1 tsp. Worcestershire sauce (optional) |
| 2 tablespoons flour. | 2-3 cups hot water |

Peel and dice potatoes and onion. Saute in fat. Add flour and brown lightly. Add meat, seasonings, and water. Simmer for 20 minutes.

CORNED BEEFARONI

| | |
|--|----------------------------------|
| 8 oz macaroni | 1 tbs. instant onion flakes |
| 2 cups diced corned beef cooked or canned | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ lb processed cheese, cubed | $\frac{1}{4}$ tsp. pepper |
| 1 can condensed broth | $\frac{1}{4}$ tsp. garlic salt |
| | $\frac{1}{2}$ c. dry breadcrumbs |
| | butter |

Cook macaroni according to package directions; drain. Combine corned beef with remaining ingredients, except breadcrumbs and butter, and mix until well-blended. Alternate layers of corned beef mixture with cooked macaroni in a greased casserole. Sprinkle top with breadcrumbs and dot generously with butter. Bake in 350° oven for 45 minutes. Serves 5-6.

CORNED BEEF PIE

Filling:

| | | |
|---|-----------------------|--------------------|
| 1 | 12 oz tin corned beef | 2 T. flour |
| 1 | chopped onion | 3 shakes of Cloves |
| 1 | clove garlic | ginger |
| 1 | tin mixed vegetables | cinnamon |

Brown onion & garlic in oil. Add meat, vegetables flour & spices and heat thoroughly. Put in prepared crust (2 cups flour, $\frac{2}{3}$ c butter, T. water) and bake until done.

QUICK PIZZA

| | |
|---|------------------------------|
| 4 oz. self-raising flour | 1-2 level tsp. mixed herbs |
| $\frac{1}{2}$ tsp. salt | 1 oz. butter |
| 5 Tbs. cooking oil | 4 oz. cooking cheese, cut in |
| 3-4 Tbs. water | small cubes |
| 1 small onion, skinned and chopped | |
| 1 med. can tomatoes, drained and chopped (or $\frac{1}{2}$ - $\frac{3}{4}$ lb. fresh tomatoes, skinned and chopped) | |

Mix the flour and salt and stir in one Tbs. of the oil and enough water to mix to a fairly soft dough. Roll out into a 7-in. round and fry on one side in the remaining oil in a large frying pan. Meanwhile make the topping by frying the onion, tomatoes and herbs in the butter. Turn the dough over and spread with the tomato mixture, the cheese. Fry until the underside is golden and place under a hot grill until the cheese is golden and bubbling. Serves 2-3.

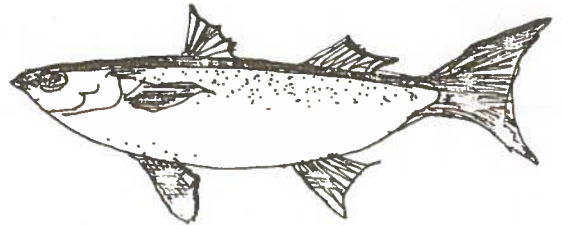
NUT ROAST*

| | |
|--------------------------------|--------------------|
| 3 oz. peanuts | 3 ozs. breadcrumbs |
| $\frac{1}{2}$ cup milk | 1 egg |
| $\frac{1}{4}$ teaspoon salt | a shake of pepper |
| $\frac{1}{4}$ teaspoon marmite | |

Warm nuts in oven till skins rub off. Mince. Add all other ingredients. Put into a greased pie-dish. Bake medium oven for 45 minutes.



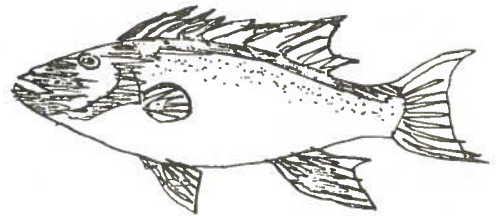
BARRACUDA



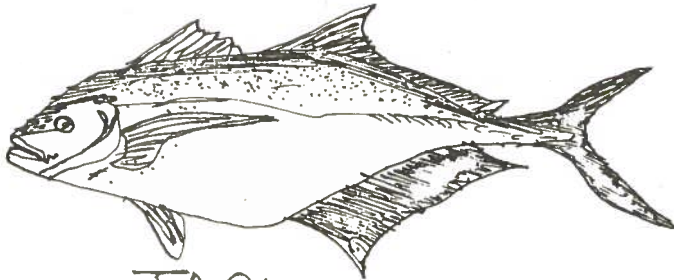
MULLET



SNAPPER



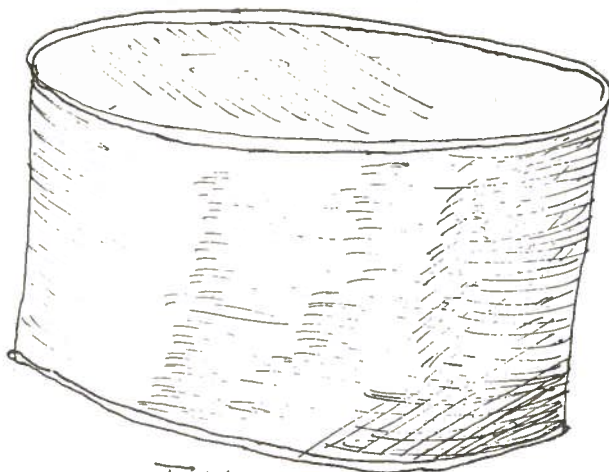
CORAL TROUT



JACK



RABBIT FISH



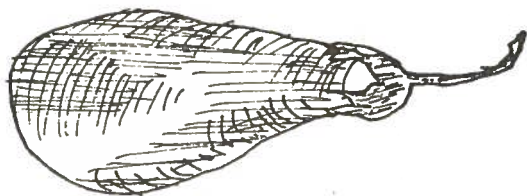
TIN FISH



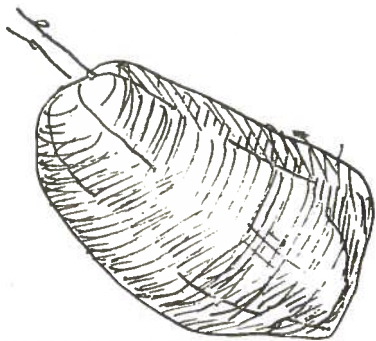
CHINESE Cabbage



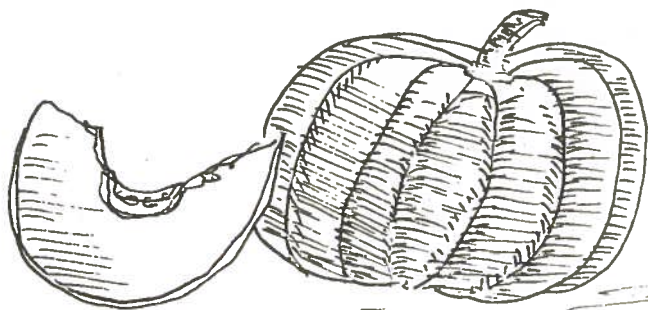
SPINACH



EGGPLANT - Purple



PAW PAW



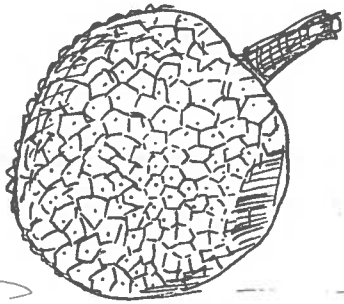
PUMPKIN



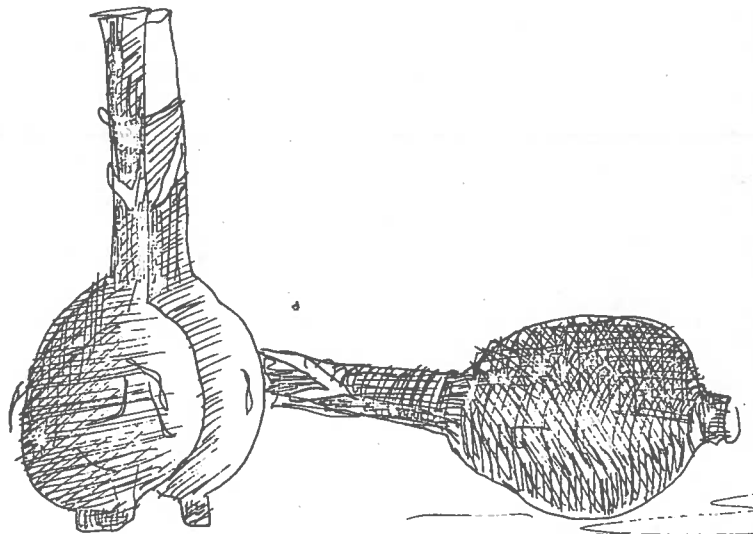
GINGER



LEMON



JACK FRUIT



DALO

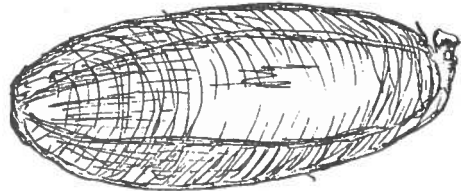
The leaves are good to



BITTER MELLON
GREEN

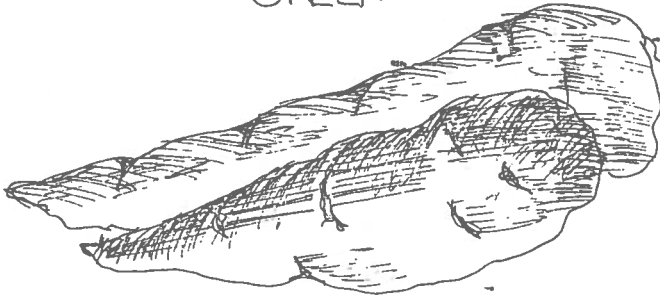


OCRE -
GREEN

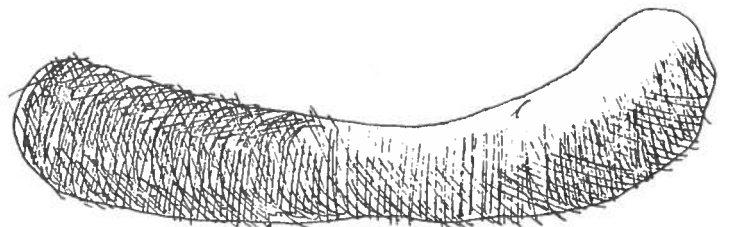


VUNDI

YELLOW Like a banana



CASSAVA



SQUASH



CHILLIES

41. (E - English F-Fijian H-Hindi)

WAYS OF SERVING VEGETABLES

A-GREEN LEAFY VEGETABLES:

Bele (F)

1. Boil in salted water or coconut cream.
Do not overcook or it will be slimy.

Bittergourd or Bittermelon Leaves (E)
Karela (H)

1. Boil in salted water or coconut cream.

Chinese Cabbage (E), Kaveti ni Jaina (F), China Kabij(H)

1. Boil in salted water or coconut cream.
2. Serve raw in salads.
3. Use in soups and stews.

Spinach(E), Churaia (H), Tubua (F).

1. Boil in salted water or coconut cream.
2. Use in soups, stews or curries.

Creeping Spinach (E), Poi(H)

1. Boil in salted water or coconut cream.
(Do not overcook it or it will become slimy.)

Dalo Leaves (E), Rourou(F).

1. Boil in salted water or coconut cream, turn
after 10 minutes.
2. Must be cooked for at least 10 mins each side
to avoid itchiness.

Lettuce(E), Letisi (F), Habu (H).

1. Use raw in salads.

Mustard Greens (E), Sarso ki Bhaji (H).

1. Boil in salted water or lolo.
2. Use in soups, stews or curries.

Ota (F), (A Fern).

1. Boil in coconut cream.
2. Can be cooked for a short time and served cold with
miti -see recipe Ota Seisei

Parsley (E): Ajmood (H).

1. As a garnish in salads.
2. Use for flavouring savoury dishes.

Pumpkin Tips (E), Vuso ni papukeni (F), Kumra (H)

1. Boil in coconut cream.

Swamp Cabbage (E), Karamoa (H).

1. Boil in salted water or coconut cream.
2. Use in soups and stews.

Watercress (E), Otakarisi (F).

1. Boil in salted water or coconut cream.
2. Serve raw in salads.
3. Serve raw in miti.

B-PEAS AND BEANS (LEGUMES)

Bini (F) for all beans

Cowpeas:

1. When young slice and boil in salted water.
2. Mature peas. Seeds removed and used in curries or boiled.

French Beans:

1. Slice and boil in salted water. 5-7 minutes.
2. In stews, curries and Chinese dishes.
3. Use cooked and cold in salads.

Goa or Winged Beans: Charfakia (H)

1. Slice and boil.
2. Use in salads, soups, meat or fish dishes.

Hyacinth Beans: Guar (H)

1. Boil the young pods.
2. When mature discard the pods and boil the seeds.

Long Beans: Lumba bean (H)

- Same as French beans.
Cut diagonally and do not boil longer than 5 mins.

Mung Beans: mungh(H)

1. Dried beans boiled.
2. Used for mung dhal.

Pigeon Peas: Arhar (H)

1. Boil the green or mature seeds from the pod.
2. Use in soups and stews.
3. Dried peas made into dhal

Sword Bean: Sem (H)

1. Young beans boiled as for French beans.

C-STARCHY VEGETABLES

Breadfruit (E), Uto (F), Belfut (H).

1. Boil or bake.
2. Cut into slices and fry
3. Can be dried as chips or slices or dried and made into flour, see recipe
4. Cook on charcoal - uto tavu.

Cassava (E), Tavioka or Kasava (F), Kasera (H).

1. Boil, bake or fry.
2. Grate - Use for thickening stews, sauces and puddings.
3. Extract starch and dry. Use instead of cornflour.

Dalo:(Taro)

1. Boil, bake or fry.
2. Use in soups, stews or curries.
3. Used for making vakalolo.

Jackfruit: Uto ni Idia (F), Kathal (H).

1. Roast or boil seeds.
2. Raw pulp can be curried or fried.

Kumala (F): Sweet Potato.

1. Bake, roast, boil or boil and mash.
2. Use in soups, stews or curries.

Potatoes: Pateta (F) Alu (H)

1. Bake, roast, fry, boil, boil and mash.
2. Use in soups, stews or curries.

Yam: Uvi (F), Ubi (H), Tivoli and kawai.

1. Bake or roast, fry, boil or boil and mash.
2. Use in soups, stews or curries.

D-ALL OTHER VEGETABLES

Avocado: Pear (F)

Use raw or just heated through.

Do not boil as this develops an unpleasant flavour.

1. Halve and remove the seed. Sprinkle with pepper and salt.
2. Use in salads, or mashed for sandwich fillings.
3. Use in savoury cocktails.

Bittergourd or Bittermelon: Karela (H)

To take away the bitter flavour - peel, slice and put in the sun for 1 or 2 hours, or partly boil and squeeze in salted water.

1. Boil.
2. Use in meat or fish dishes or curries.
3. Peel slit almost in half, remove seeds, soak in salted water then dry.
Fill with stuffing tie with thread and fry in hot fat or oil.

Cauliflower: Phul Gobi (H)

1. Boil in salted water. Good served with white sauce (see recipe).
2. Use in soups or stews.
3. Make vegetable cheese.
4. Boil in coconut cream.

Chillies: Rokete (F), Mirich (H).

1. Use in soups, stews, or curries for flavouring.
2. Use in any recipe instead of pepper.

Choko: Simsim or Larkhan Pappu (H).

Alternative Names - (Chocho, Chayote, christophene).

1. Stuffed and bake, see recipe.
2. Boil - Similar to marrow or gourds. Serve with a white sauce, see recipe.
3. Boil in water with sugar and cloves. Use as a substitute for tinned pears.
4. Use instead of melon in jams or pickles.
5. Use instead of cucumber in pickles.
6. Use in curries and stews.

Cucumber: Kiukaba (F), Khira (H).

1. Use raw in salads.
2. Stuff and bake.
3. Boil in salted water. Serve with white sauce (see recipe).
4. Use in pickles and chutneys.

Dalo Stalks: Baba (F)

1. Boil in coconut cream.
2. Add to curried fish.
3. Add sugar and lemon juice and boil. Serve as rhubarb. see Chelang recipe.
4. Used for baseisei. See recipe.

Duruka:

1. Boil or bake in coconut cream.
2. Use in savoury dishes, e.g. vegetable cheese.
3. Bake with outside sheath on, remove and cook in coconut cream.

Eggplant: Baigani (F), Baigan (H)

1. Boil in salted water.
2. Stuff and bake (see recipe).
3. Use in soups, stews or curries.
4. Cut into slices and fry, or dip slices in batter and fry, see recipe.
5. Bake on the open fire, serve with lemon juice, salt and chillies.

Garlic: Varasa ni Idia (F), Lehsun (H)

1. Use as a flavouring in savoury dishes and salads.

Ginger: Cago (F), Adrakh (H)

1. Used for flavouring Chinese dishes, and curries.
2. Preserve in syrup Use for flavouring cakes or puddings or as a sweet.

Gourds (or Squash): Loki (H)

1. Boil - serve with white sauce (see recipe).
2. Stuff and bake (see recipe).
3. Use in jams, pickles or chutneys.

Green Corn: Maize: Sila (F), Makai (H).

1. Boil in salted water.
2. Use in soups and stews.

Kohlrabi: Ganth Gobee (H).

1. Green leaves - Boil in salted water or coconut cream.
2. Swollen stem - (a) Boil in salted water.
(b) Use in soups, stews or curries.

Leeks:

1. Boil in water or coconut cream.
2. Serve with a white sauce.

Luffa or Vegetable Sponge : Taroi (H).

1. Steam, bake or boil.
2. Use in curries.
3. Make vegetable cheese (see recipe).

Okra: Bhindi (H).

1. Boil or fry.
2. Use in soups, stews or curries.
3. Can be dried.

Onion: Varasa (F), Piaza (H)

1. Boil, roast or fry.
2. Use for flavouring in any savoury dish.

Pawpaw: Weleti (F), Papita (H).

1. Boil or roast. (Use as a vegetable while still green.)
2. Stuff and bake (see recipe).
3. In soup (see vegetable cream soup.)

Pumpkin: Papukeni (F), Kaddu (H).

1. Boil or roast.
2. In scones (see recipe).
3. In soup (see vegetable cream soup).
4. Use in stews or curries.

Radishes: Murai or Muli (H).

1. Use raw in salads.
2. Use in Chinese dishes or curries.

Spring Onions: Varasa ni Viti (F), Chinna (H).

1. Use in raw salads.

Sweet Peppers or Capsicums:

1. Boil or stuff and bake (see recipe)
2. Use raw in salads.
3. Use as a flavouring in savoury dishes.

Tomatoes: Tomato (F), Tamatar (H).

1. Use raw in salads.
2. Boil, bake or stuff and bake, fry.
3. Use in soups or stews.
4. Use as flavouring in savoury dishes
5. Make jam.

Vudi: (Cooking banana).

1. Boil, bake or fry.
2. Grate when green and use for porridge. See recipe.
3. Can be stuffed for a pudding.

BOILED GREEN VEGETABLES*

Use 6-12 leaves of one of the following: bele, bittermelon, Chinese cabbage, spinach, dalo leaves, English cabbage, water-cress, swamp cabbage. Wash quickly under the running tap. Cut into small pieces. Place in saucepan with $\frac{1}{2}$ cup boiling water. Add $\frac{1}{2}$ teaspoon salt. Cook quickly with lid on the saucepan till tender, 5-10 minutes. Strain off liquid and keep for soup, sauce or gravy. Serve immediately.

STEAMED VEGETABLES

Boil rice, keeping the lid on the pot the entire time. When rice is cooked place carrots, or peas, or chinese cabbage or string beans on top of the undisturbed cooked rice, replace the lid quickly and take pot off the stove. In a few minutes time the vegetables will be completely cooked. (Karen Olmsted)

VEGETABLE CURRY*

1 cup diced vegetables: (potato, onion, carrot, beans, yam, tomato, cauliflower)

1 T oil

1 tsp salt

1 chilli

1 T curry powder

2 cloves garlic

a piece of ginger

$\frac{1}{2}$ cup water

Make a paste with curry powder, crushed garlic, ginger, chilli, and salt. Melt oil and fry onions for a few minutes. Add curry powder and fry with remaining vegetables for a few mins. Add water and cook till vegetables are tender.

STIR -FRIED VEGETABLES

| | |
|-------------------------|------------------------------------|
| 2-3 tbs. oil | garlic chopped finely |
| 1-2 tbs. cornflour | ginger (fresh) chopped |
| 2 tbs. soy sauce | fresh vegetable(s) - any available |
| 1 onion chopped | |
| $\frac{1}{4}$ cup water | |

(If using carrots slice lengthwise very thinly. With chinese cabbage use stalks and little leaf.)

Heat oil, add onions, garlic and ginger. Heat until soft. Add vegetables, fry for a few minutes. (Put the lid on frying pan to speed cooking, but not too long as vegetables will limp. They should still be crunchy when served.) Then add soy sauce and cornflour mixed with the water. Keep flame low, stir until sauce thickens. Mix sauce through vegetables so all are coated. Remove from stove and serve, Total cooking time 6-7 min. (Karen Olmsted)

Variation: Omit cornflour and soysauce. When vegetables cooked mix in 2-3 Tbs. oyster sauce to coat all.
(A.S. Fish)

STUFFED VEGETABLES

Suitable vegetables are: chokoes, peppers, eggplant, tomatoes, kholrabi, cucumbers, marrows, pawpaw.

1. Cut the vegetables in halves lengthwise or crosswise.
2. Scoop out the flesh from the centers.
3. Mix the scooped out flesh with the stuffing.
4. Put the stuffing back into the vegetables.
5. Bake, steam or boil in a little water until cooked.

Stuffing: To each $\frac{1}{2}$ cup vegetable pulp add:
 $\frac{1}{2}$ cup chopped cooked, or tinned
 meat or fish
 2 tsp. grated onion
 Salt and pepper
 Tomato sauce (if liked)

Mix all the ingredients together with enough tomato sauce or water to moisten them.

VEGETABLE CHEESE

| | |
|--|---------------------------------|
| 2 cups cooked or tinned vegetables (any kind) | $1\frac{1}{4}$ cups milk |
| 3 Tbs. flour | $\frac{3}{4}$ cup grated cheese |
| 2 Tbs. fat, margarine or butter | Salt |
| | Pepper or chillies |

