

LADHA ZA PWANI

ILLUSTRATED SEA FOOD RECIPES



Funded by
the European Union



ITALIAN AGENCY
FOR DEVELOPMENT
COOPERATION

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INTRODUCTION

The present illustrated recipes booklet has been realized thanks to the funding of the European Union through the Italian component of the Programme: 'Partnership between the EU and the Government of Kenya to advance the Blue Economy Agenda through Coastal Development - Go Blue'.

Contained within the booklet are twenty enticing seafood recipes. Ten of these are deeply rooted in the local Kenyan culinary tradition, featuring authentic Swahili delicacies synonymous with the coastal region of Kenya. The remaining ten have been carefully curated from popular seafood delicacies hailing from various culinary traditions and geographical regions, including Italy, Spain, South America, England, and France.

The primary objective of this booklet is to bolster the European Union and Italian Cooperation's endeavours in fostering community awareness regarding seafood consumption, which plays a pivotal role in ensuring food security, nutrition, health, and growth. However, its full potential has yet to be fully realized.

The recipes were meticulously crafted by a talented Kenyan illustrator, who thoughtfully imbued them with coastal traditions and customs. They were chosen for their relative ease of preparation and utilization of seafood readily available along the Kenyan coast. Furthermore, the recipes were presented and discussed with the coastal communities in Mombasa through focus group sessions and interviews. This ensured that the proposed recipes and illustrations resonated well with the communities.

The realization of this booklet owes much gratitude to Trans.Lieu, responsible for the exquisite graphics and drawings. Equally essential were the Kenyan recipes generously shared by Freddi del Curatolo (accessible at <https://www.malindikeny.net/en/>) and the delicious ones graciously provided by Aziza and Attilio from the iconic Monsoons Restaurant in Mtwapa. Last but not least, a special thank you goes to the men and women of Mtwapa Beach Management Unit for their invaluable collaboration in providing constructive feedbacks and suggestions regarding the booklet's concept.





ABOUT THE GO BLUE PROGRAMME

Go Blue is the Programme for the development of Kenya coastal counties financed by the European Union (EU) and implemented in partnership with the Government of Kenya: the aim is to promote sustained, inclusive and sustainable economic growth, with attention to coastal and marine habitat conservation and effective and integrated maritime governance. The Programme is implemented by the Italian Agency for Development Cooperation together with the cooperation agencies of Germany, Portugal, France, two United Nations agencies (UN Habitat and UNEP) and in collaboration with the Jumuiya Ya Kaunti Za Pwani (JKP) Secretariat, the economic bloc of Kenya coastal counties. The Programme has a duration of four years (2021 - 2024) and corresponds to an investment of around 24 million EUR (approximately 3.7 billion KES).

The Nairobi Regional Office of the Italian Agency for Development Cooperation (Aics) is responsible for the realization of the Go Blue component targeting the acceleration of economic growth and the strengthening of the blue economy value chains.

The small-scale fishery and the cassava value chains represent two driving sectors for the local economy: through the expertise of the Mediterranean Agronomic Institute of Bari (CIHEAM Bari), Aics has identified the main gaps along the two value chains and designed targeted interventions, adopting an approach that works towards the improvement of the conditions of rural communities through the collaboration with the local authorities. Within the small-scale fishery value chain, support is being given to the Beach Management Units (BMU) and the fishery medium and small enterprises through capacity development activities, with the provision of boats and specialized equipment and through the construction of improved fishing infrastructure, such as fish markets. Aics is also intervening to improve marketability of fish products and will introduce innovative labelling scheme based on traceability to certify products quality. Activities include the development of a Code of Conduct to improve the application of current legislation on fisheries, including the introduction of specific measures to promote gender equality, women empowerment, social and environmental sustainability.

ON THE IMPORTANCE OF FISH CONSUMPTION

Eating fish and seafood is beneficial to the heart, the arteries, the brain, the nervous system, the bones, the vision, and the environment! It protects from aging and promotes good mood. It is beneficial for new-borns, children and adults!

Here are ten reasons why you should choose fish for your everyday diet:

- 1 Fish is a high-quality protein source, offering 15 to 25 g of protein per 100 g. It's comparable to meat but with healthier fats notably found in salmon, tuna, and sea bass.
- 2 Fish, especially lean options like cod or sea bass, is low in calories and keeps you feeling full. Grilling, steaming, or baking are better cooking choices to cut down on calories. Opt for cod, sea bream, shrimp, or octopus for a light option.
- 3 Fatty fish like salmon and herring are rich in vitamin D, aiding calcium absorption and bone health. These fish are also known for potential protective effects against various diseases.
- 4 Some fish, like eel, are abundant in vitamin A, crucial for vision. It's mostly present in fish with higher lipid content, such as tuna and mackerel.
- 5 Fish is rich in omega-3 fatty acids, vital for heart health, reducing cholesterol and inflammation. Sardines, salmon, and mackerel are top sources.
- 6 Fish is a good phosphorus source, vital for bone health and energy production. Sea bass, sea bream, and cod are phosphorus-rich options.
- 7 Fish is a great source of iodine essential for thyroid function. It's crucial for metabolism, growth, and nervous system development.
- 8 Certain fish, like sardines and anchovy, are rich in calcium which is beneficial for bone health, especially when combined with vitamin D in fish.
- 9 Fish is beneficial during pregnancy, aiding fetal brain and nervous system development due to omega-3 fatty acids and iodine. The phosphorus content supports cognitive development.
- 10 Choosing fish over meat has a lower environmental impact, contributing to reduced greenhouse gas emissions compared to livestock.

EUROPEAN UNION

Kenya's sea-land ecosystem offers an abundance of maritime resources along its coast, and the blue economy is strategic for the country: the sector has great potential and its worth could grow four times, if adequately supported. It is within these premises that the European Union (EU) launched, together with the Government of Kenya, the Go Blue Programme back in 2021.

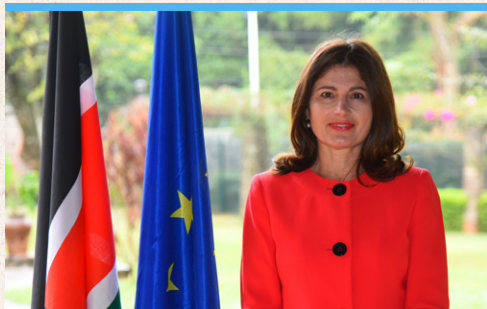
Since then, the fruitful collaboration that we have established with the EU Member States and the UN, with the central Government and local authorities of Kenya and with an incredible variety of partners, has allowed for the achievement of a number of important results.

To foster coastal economic growth, the EU has supported the enhancement of the key blue economy value chains, as well as investments on cultural heritage to boost tourism and actions to improve skills development; to improve maritime security, we

have provided assistance in the development and implementation of Kenya's maritime security strategy; and in the environmental sector we have enhanced integrated land-sea planning and management to ensure healthy and productive marine ecosystems and resources.

It is only through increased partnership and solidarity that the EU and Kenya can keep on harnessing the transformative power of the Blue Economy, working towards the achievement of the Sustainable Development Goals and building back better in a green, just, sustainable and inclusive way.

Our wish is that the present booklet, which is a testimony to the spirit of collaboration and partnership governing the Go Blue Programme, will serve as a tool to unlock new possibilities to the coastal communities, while promoting the potential of fish and seafood as a healthy and sustainable source of nutrition.



H.E. Henriette Geiger
Ambassador of the European Union
to the Republic of Kenya

LAMU COUNTY

Fishing holds significant economic importance in our coastal region, offering immense potential for economic growth. Unfortunately, much of this potential remains untapped due to various challenges such as climate change, overfishing, and constrained market access.

In my role as Governor of Lamu County, I've taken proactive measures to address the impact of droughts affecting parts of our region. Our focus is on bolstering food security and fostering resilience, especially in anticipation of the impending El Nino. We highly value collaborations with international partners, especially for joint initiatives aimed at harnessing the potential of the blue economy. Supporting the blue economy encompasses promoting not only food security but also tourism, cultural heritage, sustainability, economic growth, and environmental preservation.



H.E. Issa A. Timamy

Governor of Lamu County and Council of
Governors' Chairman of the Blue Economy

The Go Blue Programme has played an important role in advancing sustainable fisheries management and enhancing governance. These efforts represent tangible steps toward markedly enhancing the well-being of our fishing community, which is the heart beat of the Kenya coastal area.

Our goal is to foster economic growth while ensuring a healthy ocean, creating blue jobs and contributing to a more just and prosperous society.

By showcasing a variety of nutritious and delicious recipes, especially those utilizing sustainable and locally sourced seafood, this booklet not only encourages the consumption of healthy meals but also raises awareness about the abundance of marine resources available to us. This directly contributes to improving the nutritional well-being of our community, addressing malnutrition, and fostering a culture of balanced diets.

Enjoy the read!

THE ITALIAN AGENCY FOR DEVELOPMENT COOPERATION (AICS)

In a historical moment characterized by escalating climate change impacts, where vulnerable communities are greatly affected the effects of droughts and extreme phenomena, it is essential to reshape the existing approaches to utilizing natural resources to make them sustainable. This is the only way to allow for a stronger communities' resilience against the threats posed by a changing climate.

The Italian Agency for Development Cooperation (AICS) through the Go Blue Programme has intervened for the past three years alongside the coastal counties Governments to the benefit of the vulnerable communities located in the stunning coast of Kenya, stemming from the recognition that marine and natural resources represent an invaluable source of both income and nutrition. Thanks to the support of the European Union, we are promoting the sustainable use of the blue economy value chains through infrastructural interventions, the provision of key equipment such as boats and fishing gears for small-scale

fishermen, training activities, capacity development for the authorities.

Kenya is blessed with an incredible variety of natural and marine resources having a key role in ensuring the prosperity and well-being of coastal populations. When these resources are sustainably used, they represent a great and healthy source of subsistence for those communities who are fighting with the consequences of climate change.

The seafood recipes contained in this booklet, beautifully illustrated and thoughtfully presented, bring to life the flavours of the ocean according to different culinary traditions. This booklet invites us on a journey that celebrates our diverse (Kenyan and Italian) maritime heritage. May it inspire a love for seafood and nurture a culture of healthy living as we continue to work together towards a sustainable and prosperous future.

Enjoy your journey!



Mr. Giovanni Grandi

Head of Office of the Italian Agency for Development Cooperation Regional Office in Nairobi

1 FISH SAMOSAS

Type: Starter

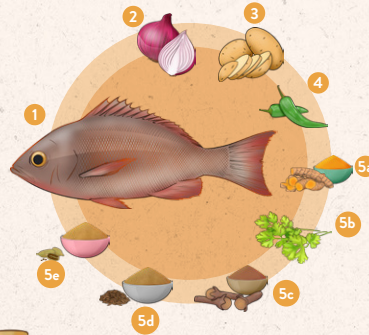
Origin: Wasini Island

Preparation & Cooking time: 1.5 hours

Serves: 



Ingredients



Filling

- 1 fish red snapper/tilapia/rock-cod/kingfish or similar
 - 3 onions
 - 2 potatoes
 - 1 green chili
 - Spices
a) turmeric, b) coriander, c) cloves, d) cumin, e) cardamom (instead of the above you can use mixed pilau spices), coriander, salt & pepper
- Oil
frying oil

Shell

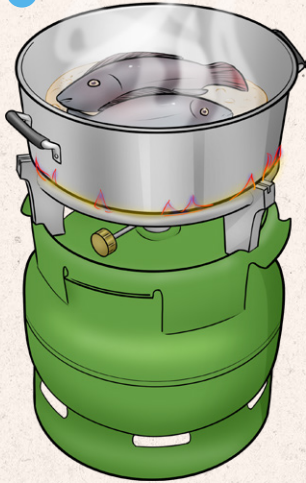
- 6 Wheat flour 1 cup and a little extra for dusting and kneading
- 7 Water ½ cup approximately
- 8 Salt

Preparation method

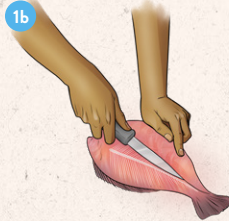
Filling

- 1 Boil the fish and fillet it to carefully separate the meat from the bones and the skin. After that, grind the meat using your hands to make it mince.
- 2 Finely dice the onions and the green chilli, cut the potatoes into small cubes, and then put them in a pan with oil. Make the ingredients fry until the potatoes become tender and the onions golden.
- 3 You can now add the fish and all the spices. Stir continuously for about ten minutes and add water in case it dries too much. Your fish filling is now ready, remove from the heat and keep it aside.

1a



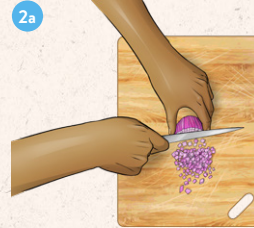
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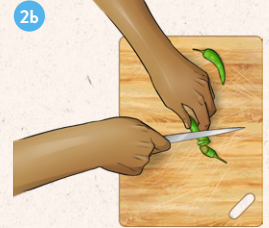
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2a



2b



3a

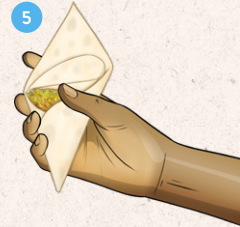
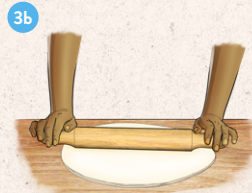
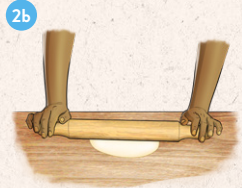


3b



3c





Shell / Pocket

- 1 In a bowl, mix the flour and a pinch of salt. Then add in water little by little until the dough is slightly stiff. Knead the dough until soft and let it rest for about 10 minutes.
- 2 Now create a sphere with the dough and cut it with a knife into four pieces of the same size. Now use a rolling pin to make each of the pieces flat and thin, adding more flour if the disks are too sticky.
- 3 When you have your four thin disks of pastry, put them one on top of the other and add a little vegetable oil among each one of the foils. Then, flatten them with the help of a rolling pin until you obtain a big round sheet. You will now create rectangular shapes of the pastry (approximately 24 x 8 cm), and put them in the oven to toast them (3 minutes on one side, 20 seconds on the other side) at 250° C. Alternatively one can pre heat a pan on medium heat and put the pastry, flip both sides. Put it aside and separate the strips.
- 4 Take the pastry out from the oven and separate the strips. Now fold over one edge to form a triangular shape. Next, fold your triangle up towards the center of the pastry strip to make a cone shaped pocket.
- 5 Fill the pocket with 2 tablespoons of the fish filling. Finally, fold your samosa triangle over tightly, securing the flap with a little water and flour slurry that you can use as a glue.
- 6 You are ready to fry the samosas: put oil in a large pan and heat it. Add the samosas to the pan and cook for 2-3 minutes per side, until golden brown and flaky. Once cooked, gently move the samosas to a cooling rack or a stack of paper towels to drain.
- 7 Serve the fish samosas!

2 SALT & PEPPER CALAMARI WITH MANGO CHUTNEY

Type: Starter/Main

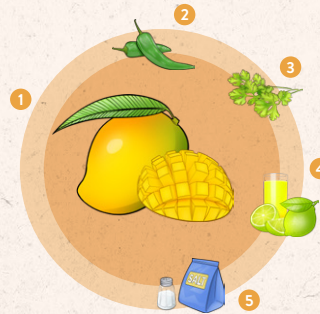
Origin: Kenya coast

Preparation & Cooking time: 1.5 hours

Serves: 



Ingredients



Mango Chutney

- 1 mango
- 2 green chillies
- 3 tbsp coriander
- 1 tbsp lemon juice
- 5 salt



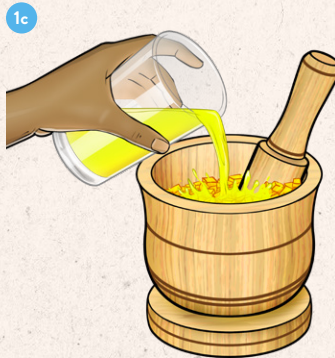
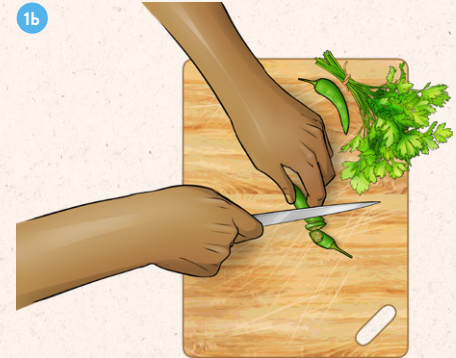
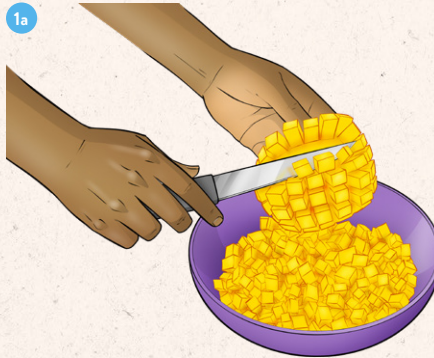
Calamari

- 6 500 gr. small/medium size calamari tubes
- 7 2 garlic paste
- 8 1 tsp ginger paste
- 9 1 tbsp cooking oil
- 10 2 tbsp lemon juice
- 11 salt & pepper
- 12 1 cup flour
- oil
- lemon
- frying oil

Preparation method

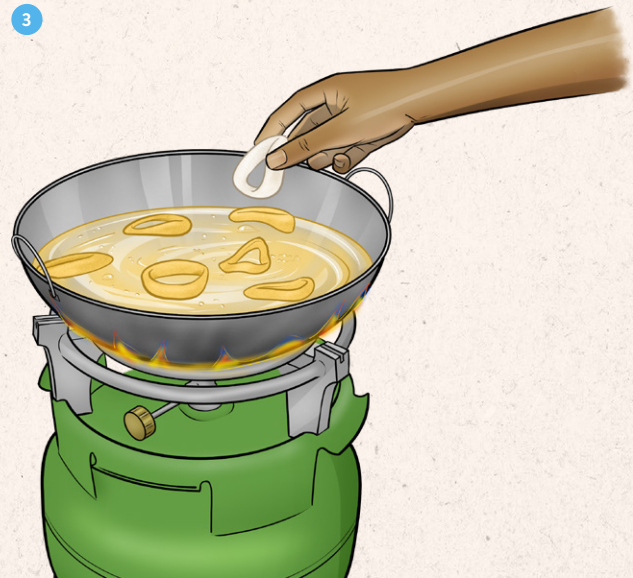
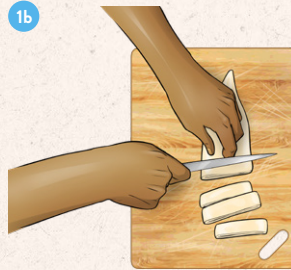
Mango chutney

- 1 First, prepare your mango chutney: peel and chop the mango into cubes, chop the chillies and the coriander and combine all the ingredients with the lemon juice and a pinch of salt in a blender, mix them and set aside.



Calamari

- 1 Clean the calamari by removing all the interiors and the skin, then cut the calamari into rings. Prepare the sauce to marinate the calamari: in a bowl, put lemon juice, garlic, ginger paste, oil, salt and pepper, put the calamari rings inside the bowl and cover. Let them marinate for 10 minutes.
- 2 Now take the marinated calamari and put them in the flour with a pinch of salt and pepper until all the surface is well covered.
- 3 Put the frying oil in a pan at medium heat until the oil is boiling. Now put the calamari rings inside until they become golden brown on the outside - it should take around 4 minutes.
- 4 Serve your calamari still hot with mango chutney and lemon wedges!




3 SAMAKI WA KUPAKA (COCONUT FISH)

Type: Main

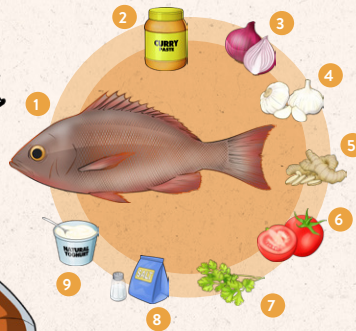
Origin: Kenya coast

Preparation & Cooking time: 45 minutes

Serves: 



Ingredients



Fish

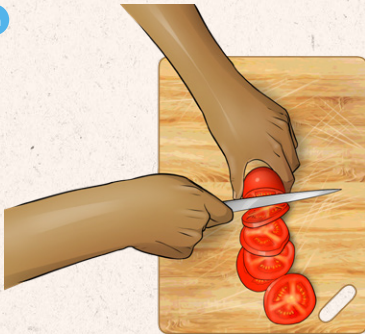
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|----|---------|--|
| 1 | 2 | red snapper / white snapper / king fish / salmon / parrot fish, or similar |
| 2 | | curry paste |
| 3 | 1 large | onion |
| 4 | 3 | garlic cloves |
| 5 | 1 | ginger |
| 6 | 6 | tomatoes |
| 7 | Bunch | fresh coriander |
| 8 | | salt and pepper |
| 9 | 1 cup | natural yoghurt |
| 10 | 1 cup | coconut cream |
| 11 | 2 tsp | cooking oil |
| 12 | 1 tbsp | ground cumin |
| 13 | 1 tbsp | curry powder |
| 14 | 1 tbsp | garam masala |
| 15 | ½ tsp | turmeric |

Preparation method

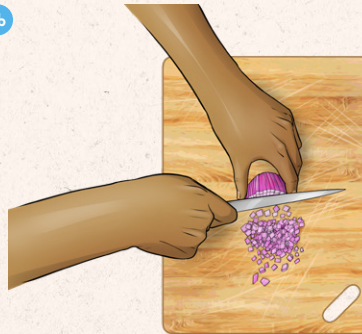
Fish

- 1 First, cut the tomatoes into pieces, finely dice the onion and the garlic. Put them in a pan together with curry paste, garlic, and the grated ginger with some cooking oil and cook at medium heat until the ingredients are well combined. Then add the dry herbs, cook for another 2 minutes. Now add the yoghurt and cook for another 3 to 4 minutes.
- 2 Turn off the heat and transfer the compound to a blender. Blend until smooth. Now transfer the mix in a pan, add the coconut cream and the coriander, cook for another 2 minutes and remove from the heat. Keep aside.

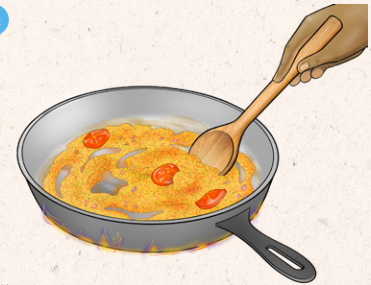
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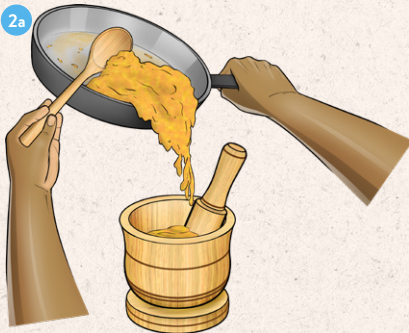
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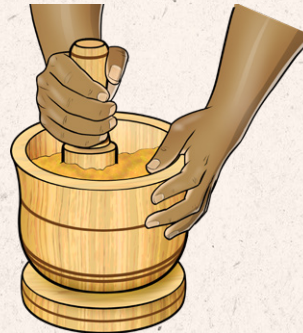
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2a



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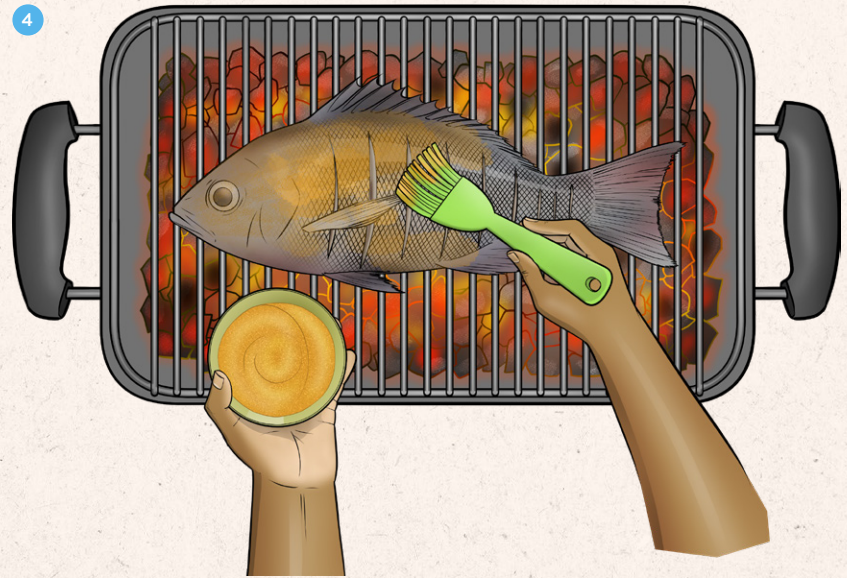
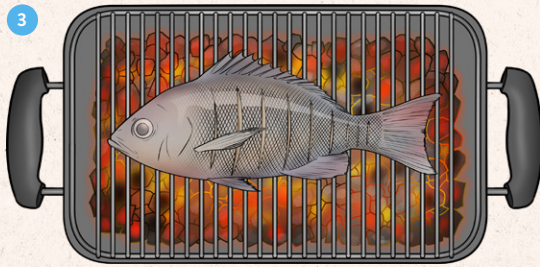


2c



Fish (Cont'd)

- 3 On a hot charcoal grill put the whole fish and grill it for 8 to 10 minutes on each side. Before removing from the grill, coat with the curry paste on both sides.
- 4 Serve your fish with coconut curry sauce, you can try it with boiled cassava!



4 SWAHILI PRAWNS RICE

Type: Main

Origin: Kenya coast

Preparation & Cooking time: 45 minutes

Serves: 



Ingredients



Swahili Prawns Rice

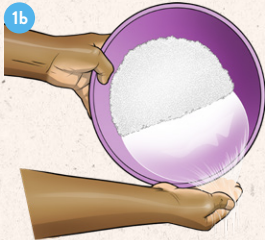
- 1 500 grams prawns (shelled)
- 2 1 onion
- 3 3 garlic cloves
- 4 1 green sweet pepper
- 5 4 tomatoes
- 6 1 cup vegetable broth
- 7 2 tbsp tomato paste
- 8 2 tsp paprika powder
- 9 1 tsp curry powder
- 10 1 bay leaf
- 11 cayenne pepper
- 12 salt & pepper
- 13 frying oil
- 14 1 tbsp lime
- 15 2 tbsp cumin powder
- 16 3 cups long grain pishori rice

Preparation method

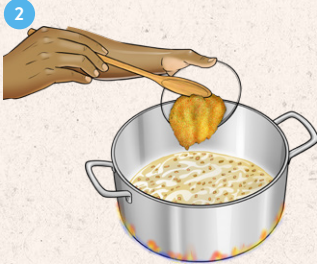
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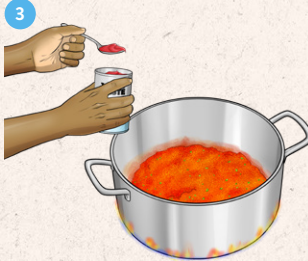
2



Swahili Prawns Rice

- 1 Rinse the rice under cold water until the water becomes clear. Drain and set aside.
- 2 Heat the oil in a large pot. Add the chopped onion and cook it until it becomes golden, then add the minced garlic, the diced green pepper, paprika, cayenne pepper, and curry powder. Cook for a few minutes.
- 3 Add the tomato paste and the diced tomatoes to the pot and stir.
- 4 Pour in the vegetable broth, add the bay leaf and season with salt and pepper. Heat the mixture until it boils.
- 5 Add the rinsed rice to the pot and stir to coat it evenly with the tomato mixture. If necessary, add more water or broth to make sure there is enough liquid to cook the rice.

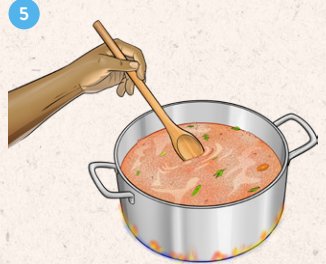
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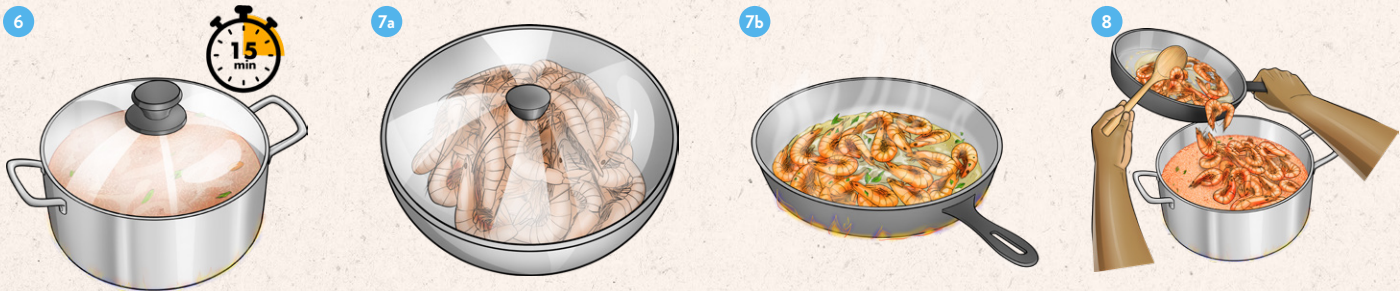


5



Swahili Prawns Rice (Cont'd)

- 6 Reduce the heat to low, cover the pot, and let the rice cook for about 15 to 20 minutes, until the water is absorbed, and the rice becomes tender.
- 7 Prepare the prawns: put them in a covered bowl together with lime and cumin and leave them marinate for around 30 minutes. Remove them and put them in a pan with some oil and cook at medium heat for a few minutes on each side until they turn pink. Remove from the heat.
- 8 Now add the prawns to the rice and put on the fire to medium heat. Cover the pot again and let rest for a few minutes off the heat.
- 9 Serve the prawns rice when it is still hot, you can add a sprinkle of fresh parsley or cilantro!




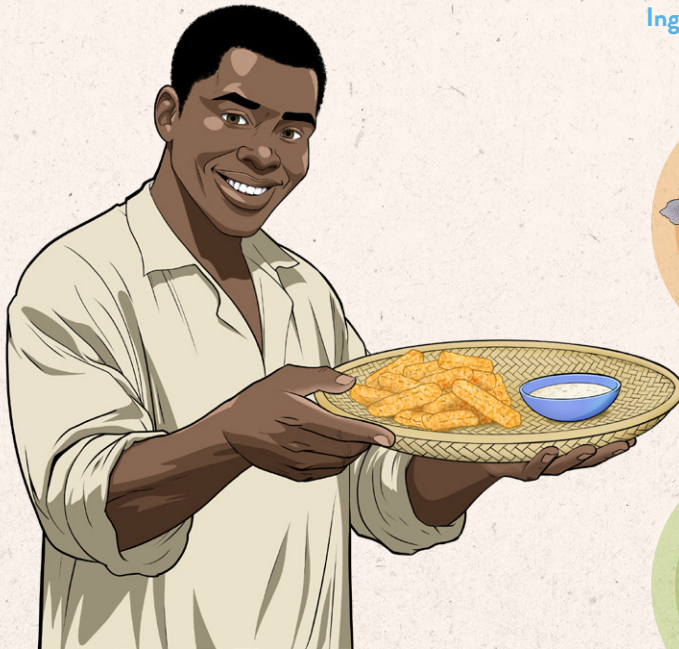
5 FISH FINGERS WITH TARTAR SAUCE

Type: Starter

Origin: Kenya

Preparation & Cooking time: 45 minutes

Serves: 

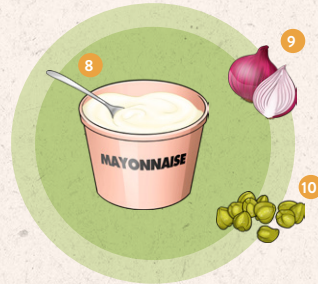


Ingredients



Fish fingers

- 2 swordfish / kingfish / tuna or similar
- 1 ½ cup breadcrumbs
- 2 tbsp mixed herbs
- salt & pepper
- 2 eggs (whisked)
- ¼ cup plain flour
- oil frying oil



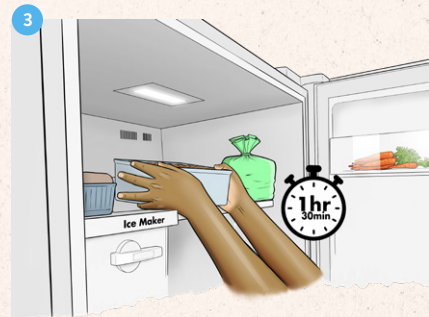
Tartar sauce

- 1 cup mayonnaise
- 1 onion (small)
- ¼ cup capers

Preparation method

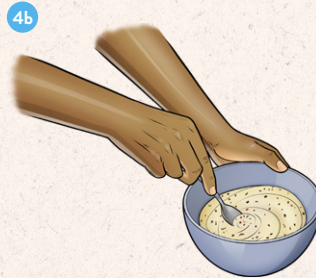
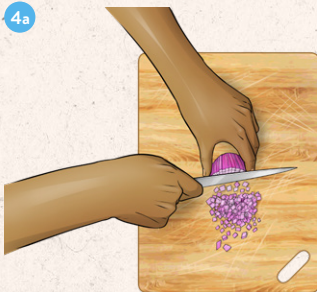
Fish fingers

- 1 In a bowl, mix breadcrumbs, herbs, salt and pepper.
- 2 Cut the fish into thin strips and roll each of the strips in the flour first, then dip into the eggs and then to the bread crumb mixture.
- 3 Place the breaded fish into the freezer for 30 minutes to 1 hour.



Fish fingers (Cont'd)

- 4 While you wait, you can start preparing the tartar sauce: finely chop the onion and the capers and mix them with the mayonnaise using a spoon.
- 5 Put a pan with the frying oil on high heat until it is ready for frying. Now you can remove the fish from the freezer and put it in the pan. Deep fry for 3-4 minutes or until golden brown.
- 6 Serve your fish fingers and taste them by dipping them in the tartar sauce!



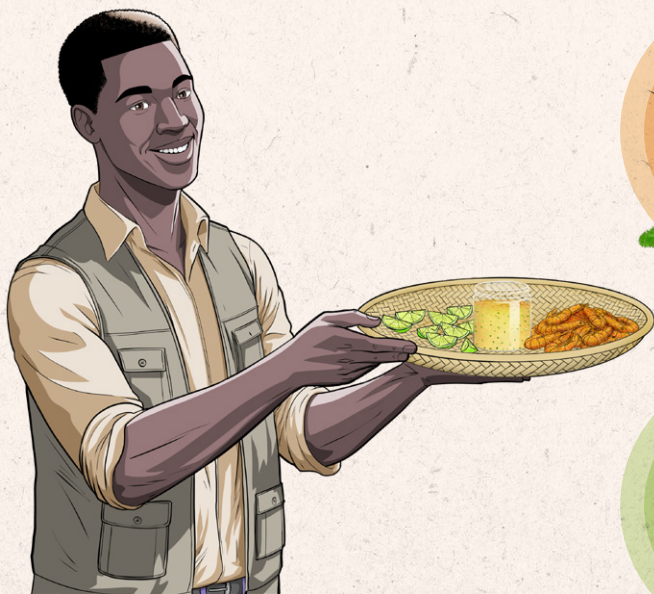
6 PRAWNS COATED WITH COCONUT & CHUTNEY

Type: Main

Origin: Kenya coast

Preparation & Cooking time: 20 minutes

Serves: 



Ingredients



Prawns

- | | | |
|---|-----------|----------------------|
| 1 | 1 kg | queen / tiger prawns |
| 2 | 3 tbs | lime juice |
| 3 | 4 | garlic cloves |
| 4 | 2 | eggs |
| 5 | 1 cup | flour |
| 6 | 150 grams | desiccated coconut |
| 7 | 2 tbs | chopped coriander |
| 8 | | frying oil |
| 9 | | salt & pepper |

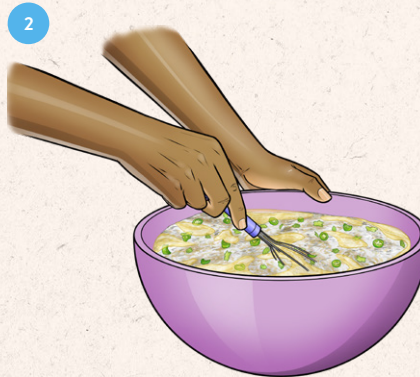
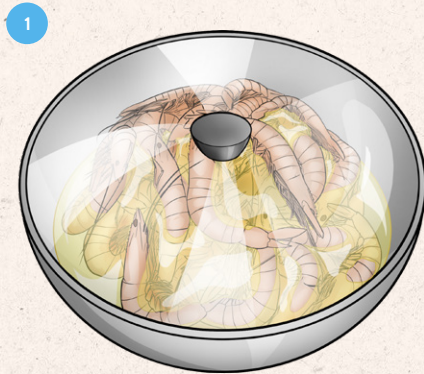
Chutney

- | | | |
|----|-------|----------------------|
| 10 | 2 | green chillies |
| 11 | 3 tbs | chopped coriander |
| 12 | 2 | lemons |
| 13 | 1 cup | fresh grated coconut |
| 14 | | salt |

Preparation method

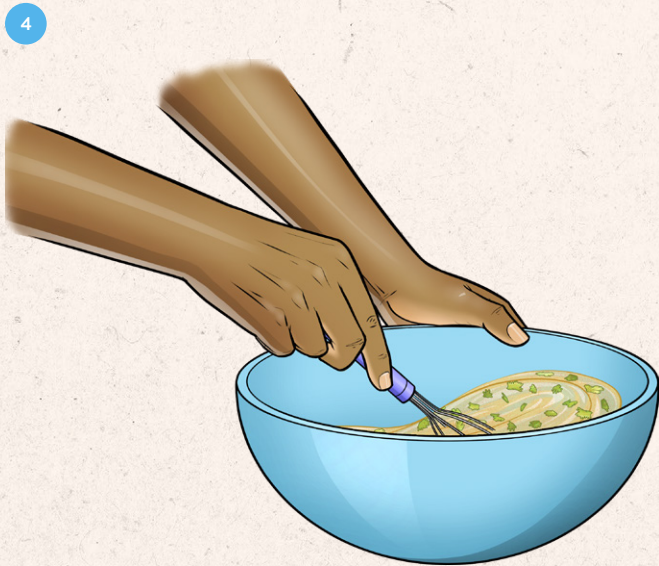
Prawns coated with coconut & chutney

- 1 Marinate the prawns with the juice of the lime, the crushed garlic cloves and a pinch of salt and pepper. Cover the mix and set aside for 5 minutes; after that, drain the prawns and dry with a cloth.
- 2 In the meantime, prepare the chutney: chop the green chillies, squeeze the lemons to obtain their juice and mix the ingredients with the fresh grated coconut, the coriander and a pinch of salt. Set aside to chill.
- 3 In a bowl, put the flour and set aside. Once the prawns are dried, coat them with the flour on their surface. Make sure you remove excess flour.



Prawns coated with coconut & chutney (Cont'd)

- 4 In a separate bowl, mix the lightly beaten eggs, the chopped coriander, a pinch of salt and pepper. Mix well. In another bowl, put the desiccated coconut.
- 5 Pass the prawns through the egg mixture and then in the desiccated coconut. Heat the oil in a large pan and deep fry the prawns until they are golden brown and crispy.
- 6 Serve with the coconut chutney and lime wedges!



7 CRAB SOUP WITH GINGER

Type: Main

Origin: Lamu archipelago

Preparation & Cooking time: 45 minutes

Serves: 



Ingredients



Crab soup with ginger

- 1 200 grams crab flesh
- 2 10 tomatoes
- 3 3 garlic cloves
- 4 2 cups fish or vegetables broth
- 5 1 bunch coriander or parsley
- 6 2 cups water
- 7 ½ tsp paprika
- 8 salt & pepper
- 9 2 tbsp olive oil
- 10 5 or 6 ground mustard seeds
- 11 ½ tsp cumin
- 12 1 ginger

Preparation method

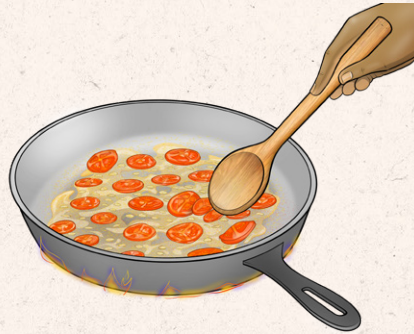
Crab soup with ginger

- 1 In a pan, put a tablespoon of olive oil and fry the tomatoes with the garlic and a tablespoon of oil, the grated ginger, salt and paprika.
- 2 When the sauce is compact, add the crab flesh and let it heat for five to ten minutes. Slowly add the broth to your mix and keep boiling and stirring. Before turning off the heat, add the mustard seeds and the cumin.

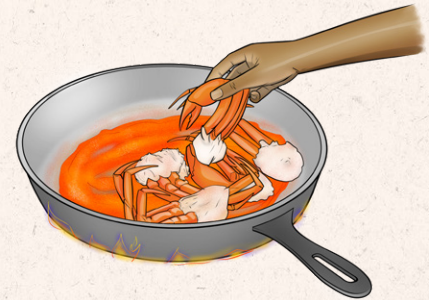
1a



1b



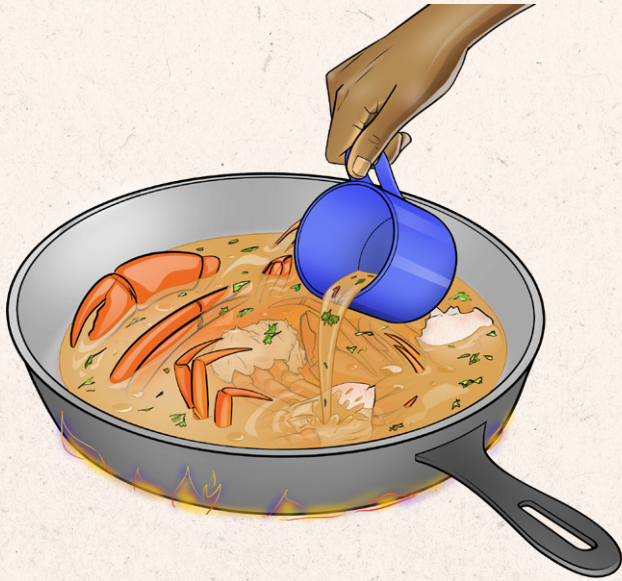
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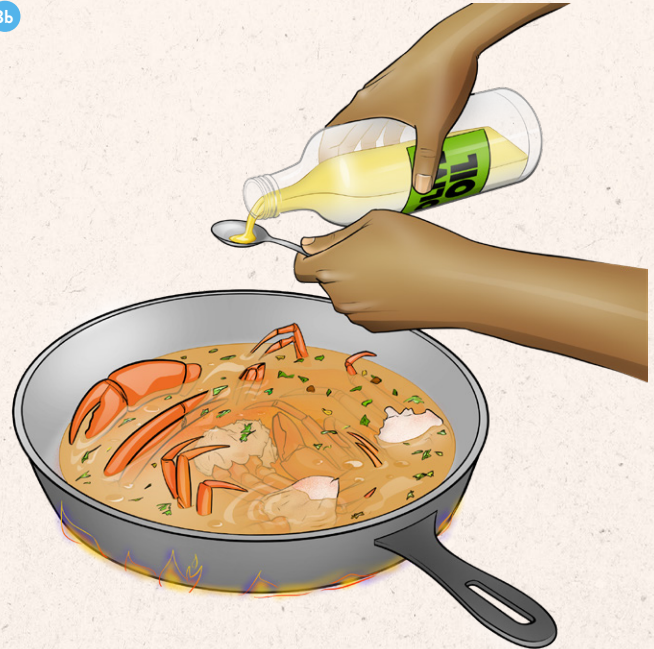
Crab soup with ginger (Cont'd)

- 3 Turn off the heat, add the remaining tablespoon of olive oil.
- 4 Serve your crab soup with chapati or bread croutons: you can add a bit of grated ginger and coriander or parsley to add some flavour!

3a



3b




8 CHAR GRILLED OCTOPUS IN COCONUT CURRY

Type: Main

Origin: Kenya coast

Preparation & Cooking time: 40 minutes

Serves: 



Ingredients



Char grilled octopus in coconut curry

- 1 octopus (large, cleaned)
- 2 cups corn oil
- 1 tsp cinnamon bark
- $\frac{1}{2}$ tsp cloves
- $\frac{1}{2}$ tsp pepper corns
- 1 tsp cardamom pods
- 1 star anise
- 2 red onions (finely chopped)
- 4 garlic cloves
- 2 green chillies
- 3 tbsp ginger
- 1 tsp turmeric powder
- 2 tsp curry powder
- 1 bunch fresh coriander
- 2 cups fresh coconut cream

Preparation method

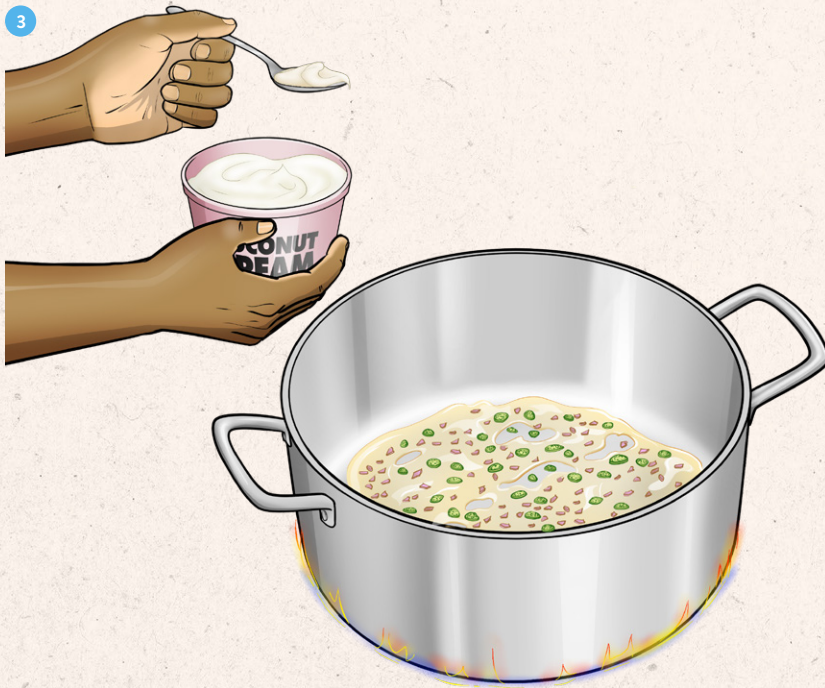
Char grilled octopus in coconut curry

- 1 Clean the octopus and cover it in generous amount of the corn oil. Place it on a hot charcoal grill and cover with a metal tray for 5 minutes, until it becomes pink. This will give the octopus its smoked flavour.
- 2 In a pot, put the remaining part of the corn oil and add the cloves, star anise, cardamom, cinnamon, black pepper. Let them fry for 5 minutes. In the meantime, finely chop the onions and then add them to the pot. Cover until the onions become soft, for about 5 minutes. Then add the curry powder, the crushed garlic, the finely chopped chilies and the crushed ginger and fry for another 2 minutes.



Char grilled octopus in coconut curry (Cont'd)

- 3 Now you can add the coconut cream and the octopus and cook until the octopus has become soft, for around 45 minutes.
- 4 You can now serve by adding some fresh chopped coriander!




9 FISH STEW

Type: Main

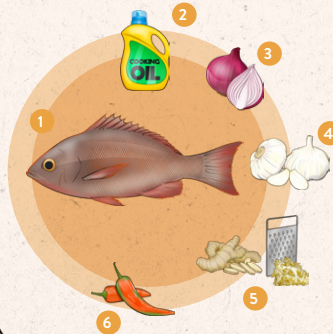
Origin: Kenya

Preparation & Cooking time: 45 minutes

Serves: 



Ingredients



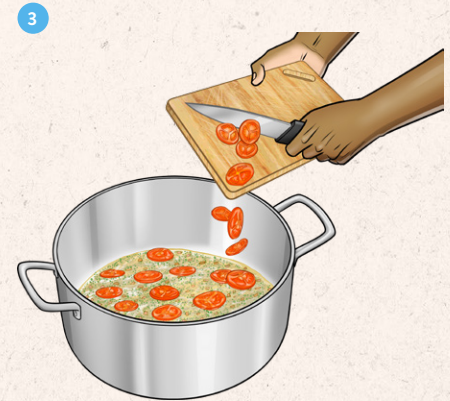
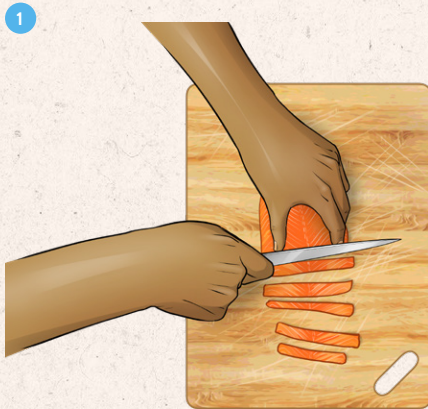
Fish stew

- 1 large red snapper/tilapia/rock-cod/kingfish or similar
- 2 tbsp vegetable oil
- 1 onion
- 2 garlic cloves
- 1 tsp grated ginger
- 1 fresh chili
- 4 tomatoes
- 1 cup water
- 1 tsp tomato paste
- 1 tbsp wheat flour
- fresh coriander
- salt and pepper (optional)

Preparation method

Fish stew

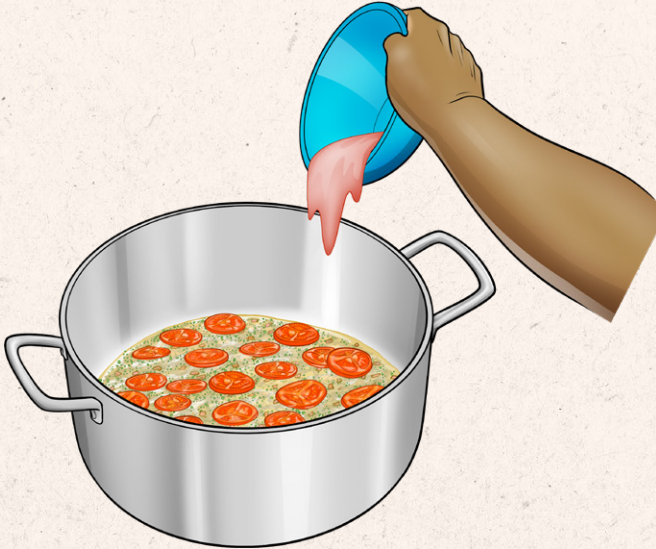
- 1 First, boil, clean and cut your fish into fillets removing bones and skin.
- 2 Chop the onion and put it in a pot with the vegetable oil and fry it until it becomes golden. Then add the grated ginger, the crushed garlic cloves, and chili which is cut into small pieces and fry for about 5 minutes.
- 3 Now you can add the chopped tomatoes, and simmer for about 5 minutes or until they become soft.



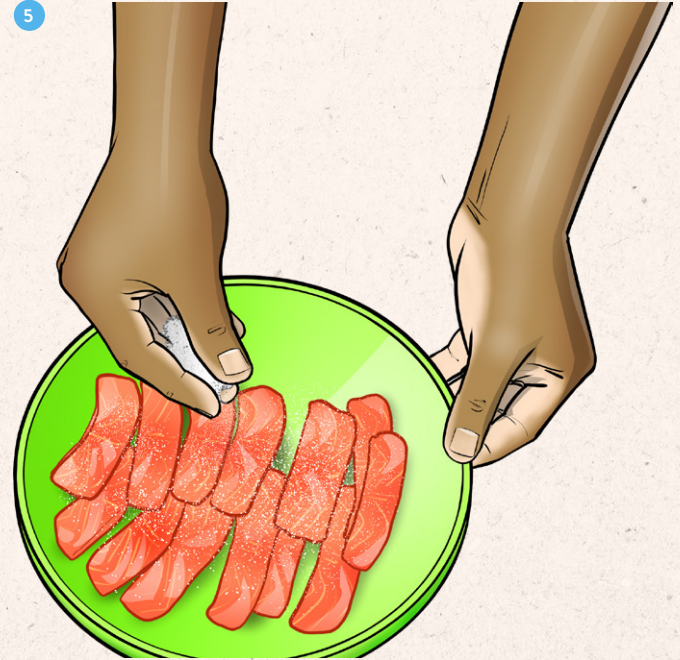
Fish stew (Cont'd)

- 4 After that, mix the tomato paste with the flour to create a thick cream. You can then add it to the pot. Now add the water and cover, let it boil stirring from time to time for another 5 minutes.
- 5 In the meantime, season your fish with salt and pepper, then add it to the mix on the pot. Simmer for 5-10 minutes.
- 6 Sprinkle some fresh coriander and serve your stew with hot Ugali!

4



5



10 SWAHILI LOBSTER WITH COCONUT RICE

Type: Main

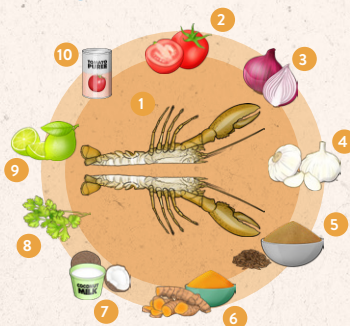
Origin: Kenya coast

Preparation & Cooking time: 35 minutes

Serves: 



Ingredients



Swahili lobster

- 1 1 medium uncooked lobster, cut in half, cleaned
- 2 2 tomatoes (diced)
- 3 1 red onion (finely diced)
- 4 3 garlic cloves (finely chopped)
- 5 2 tsp ground cumin
- 6 2 tsp turmeric
- 7 2 cups coconut milk
- 8 1 bunch fresh coriander
- 9 ½ lime
- 10 2 cups tomato puree
- 11 2 tbsp extra virgin coconut oil
- 12 2 tbsp extra virgin avocado oil
- 13 salt

Rice

- 14 2 cups rice
- 15 2 cups water
- 16 ½ cup coconut milk
- 17 1 tsp turmeric

Preparation method

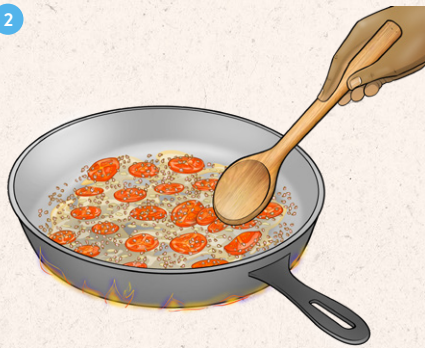
Swahili lobster with coconut rice

- 1 Start with the rice: put the water in a pot and boil it, then add rice, coconut milk, turmeric and salt. Turn down the heat and allow to simmer until cooked.
- 2 In a separate pan, put coconut oil with garlic and onions; stir and cook until soft. Add the tomatoes and fry together. Add cumin, turmeric and coconut milk. Cook for a further 10 minutes, stirring occasionally.
- 3 Cut the raw lobster meat into bite size pieces. Season with $\frac{1}{2}$ a lime and 2 generous pinches of salt. Add 1.5 cups of coconut milk, coriander, lime juice and tomato puree into the sauce and stir to combine.

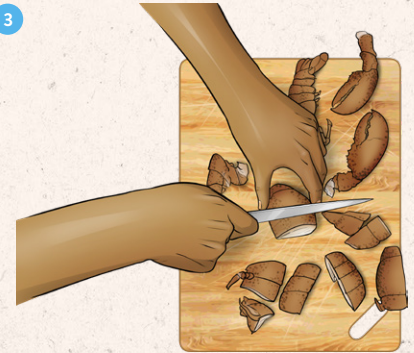
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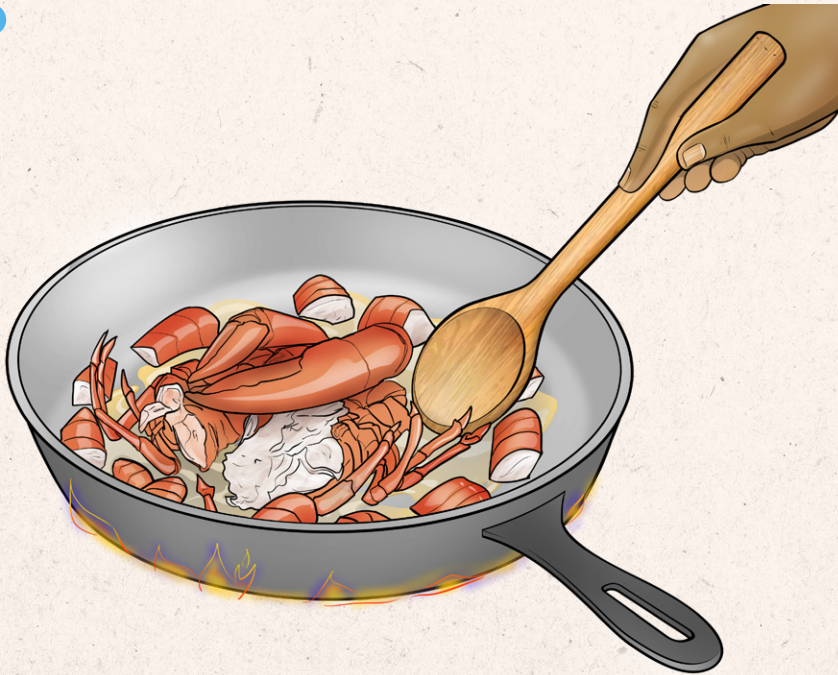
3



Swahili lobster with coconut rice (Cont'd)

- 4 In a separate hot frying pan put the coconut oil and the raw lobster meat. Stir for 2-3 minutes until the lobster changes its colour. Add to the sauce and the remaining coconut milk.
- 5 Serve your lobster with a sprinkle of coriander and lemon wedges!

4



11 FRITTO MISTO

Type: Main

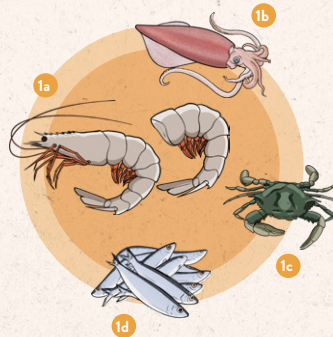
Origin: Southern Italy

Preparation & Cooking time: 1 hour

Serves: 



Ingredients



Fritto Misto

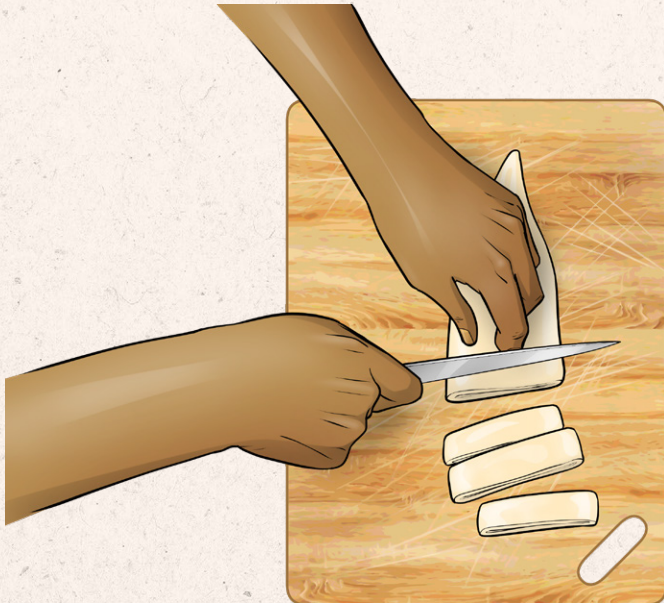
- 1 2.5 kg a) jumbo shrimps, b) squids, c) soft shell crabs, d) fresh sardines or other tiny fish
- 2 2 cups flour
- 3 3 cups frying oil
- 4 salt
- 5 lemon wedges

Preparation method

Fritto Misto

- 1 Start by preparing the seafood: shell the shrimps (or the other crustaceans) leaving tails and heads on. Clean the squids and cut the sacks into rings about 1 cm thick; the tentacles can be left whole. If using soft shell crabs, cut them into four pieces half down the middle vertically, then horizontally. The small fish, if cleaned, can be cooked as it is.
- 2 Lay your seafood on paper towels to soak up any excess liquid. Now put the flour in a bowl and place your seafood inside it until all the pieces are lightly coated. Eliminate excess flour.

1



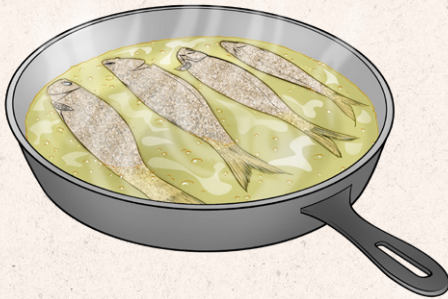
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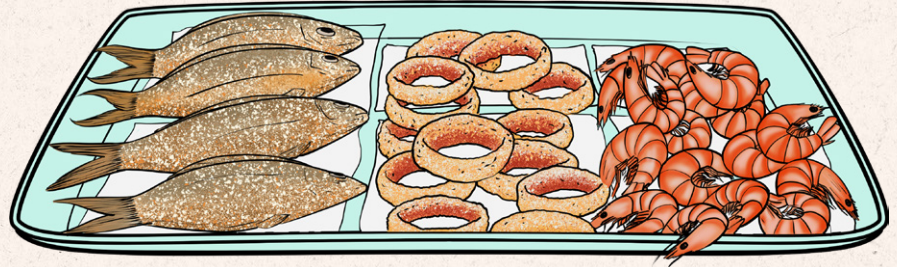
Fritto Misto (Cont'd)

- Put the frying oil in a pan until the oil begins to smoke. Now fry each type of seafood separately, as they cook at slightly different times. This should take no more than 2-3 minutes for each type, until they have formed a light golden crust on the outside.
- Once all your seafood is cooked, transfer it into a serving platter preferably lined with paper towels to soak up any excess oil.
- Sprinkle lightly with salt and serve your fritto misto di mare with lemon wedges when it is still hot!

3



4



12 STEWED CUTTLEFISH WITH PEAS

Type: Main

Origin: Central Italy

Preparation & Cooking time: 1 hour

Serves: 



Ingredients



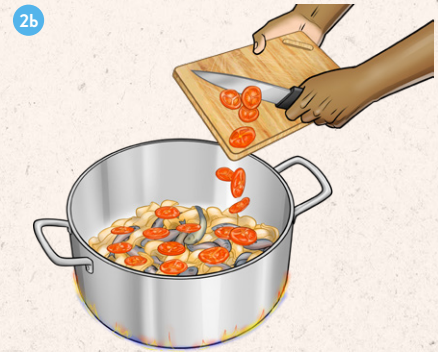
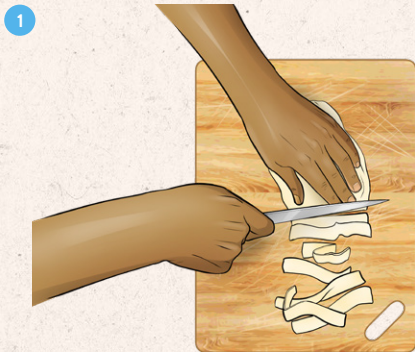
Stewed cuttlefish with peas

- 1 1 kg cuttlefish (cleaned)
- 2 3 cups peas
- 3 1 cup canned tomatoes
- 4 3 fillets anchovies in oil
- 5 1 onions
- 6 3 tbsp olive oil
- 7 salt & pepper
- 8 1 bunch fresh parsley
- 9 2 cups fish broth or vegetable broth

Preparation method

Stewed cuttlefish with peas

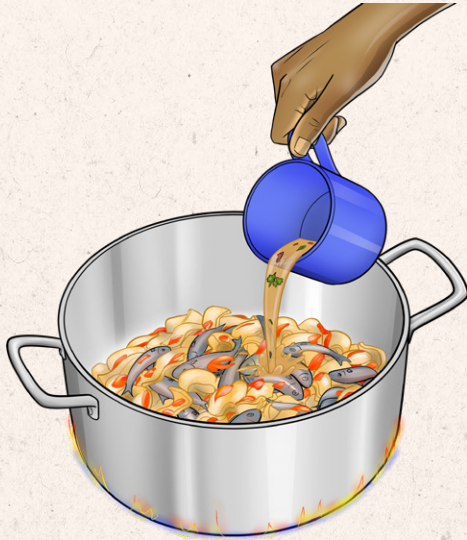
- 1 Prepare the cuttlefish: if they are very small, you can leave them whole, otherwise open the body in half and cut it into strips. Cut the tentacles into pieces and keep everything aside.
- 2 Finely chop half an onion. Take a large pot and add the oil, the chopped onion and the anchovies. Cook everything over low heat for 2 or 3 minutes.
- 3 When the anchovies have melted, add the cuttlefish and brown them over low heat for a couple of minutes, then add a pinch of salt, the peas, the chopped canned tomato and half a cup of hot broth. Season with salt and pepper and cover with a lid.



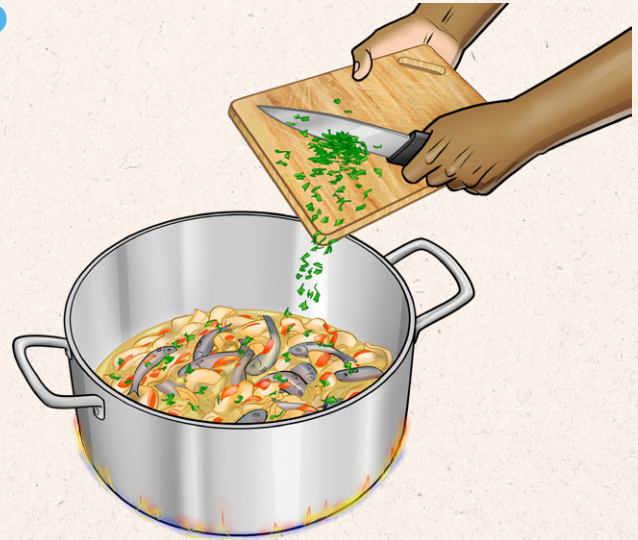
Stewed cuttlefish with peas (Cont'd)

- 4 Cook the mix over low heat for about 35 minutes until the cuttlefish is tender, stirring from time to time and add a little more hot broth to keep the stew very moist.
- 5 Turn off the heat and add the chopped parsley.
- 6 Serve the stewed cuttlefish with peas accompanied by slices of lightly toasted bread.

3



4



13 PAELLA DE MARISCO

Type: Main

Origin: Southern Spain

Preparation & Cooking time: 1 hour

Serves:



Ingredients



Fritto Misto

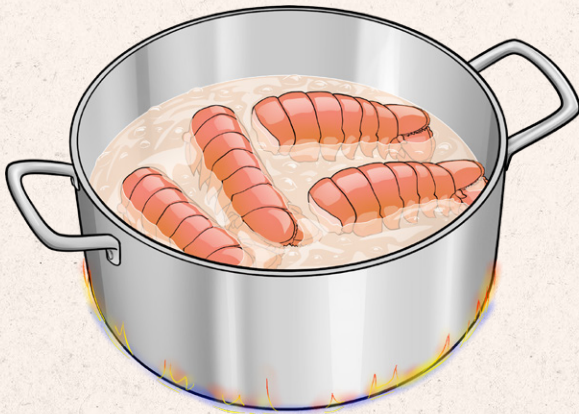
- 1 4 small lobster tails
- 2 3 cups water
- 3 3 tbsp olive oil
- 4 1 large yellow onion
- 5 4 garlic cloves
- 6 2 pinches soaked saffron in ½ cup water
- 7 1 tsp paprika
- 8 1 tsp cayenne pepper
- 9 ½ tsp pepper flakes
- 10 2 tomatoes
- 11 1 cup French green beans
- 12 500 grams prawns or large shrimps
- 13 1 bunch fresh parsley
- 14 salt
- 15 2 cups medium-grain rice

Preparation method

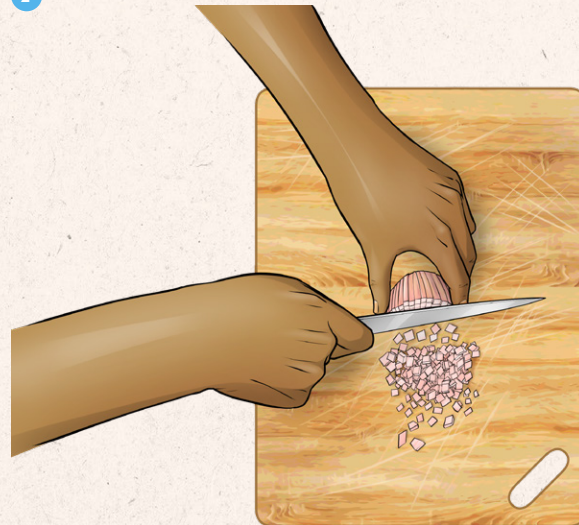
Paella de marisco

- 1 In a large pot, bring 3 cups of water to boil and add the lobster tails. Let boil for 1-2 minutes until they become pink and then remove them, but keep the cooking water. Remove the shell and cut into large chunks.
- 2 Finely chop the onion and then put it in a large pan with olive oil and cook for 2 minutes, then add the rice and cook for 3 more minutes, stirring regularly. Now chop the garlic and add it with the lobster cooking water. Stir in the saffron and its soaking liquid, paprika, cayenné pepper, pepper flakes, and salt. Finely chop the tomatoes and stir in with the trimmed green beans. Bring to a boil and let the liquid slightly reduce, then cover and cook on low heat for 20 minutes.

1

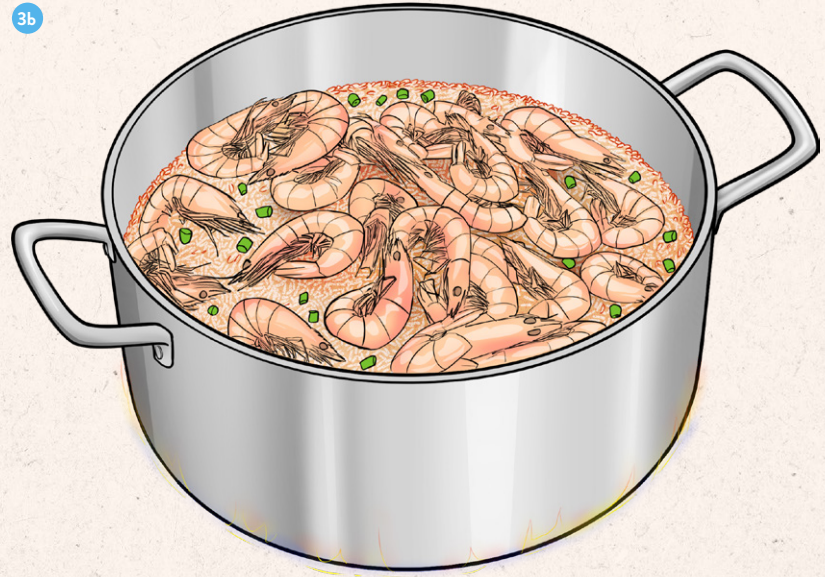
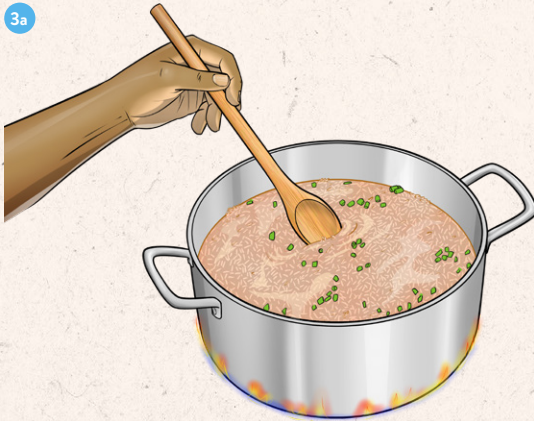


2



Paella de marisco (Cont'd)

- 3 Uncover and spread the shrimp over the rice. Add a little water if needed. Cover and cook for another 10 minutes. Finally, add the cooked lobster chunks. When the lobster is warmed through, turn heat off.
- 4 Serve your paella with a sprinkle of parsley!



14 KINGFISH TORTILLA

Type: Main

Origin: Southern America

Preparation & Cooking time: 1 hour (+ marination time)

Serves: 



Ingredients



Tortilla

- 1 2 cups flour
- 2 A pinch salt
- 3 $\frac{3}{4}$ water
- 4 3 tbsp olive oil

Filling

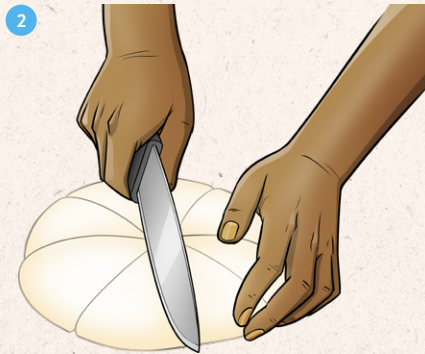
- 5 500 grams king fish (filleted in cubes)
- 6 1 bunch cilantro
- 7 1 tbsp garlic
- 8 1 tbsp ginger (minced)
- 9 3 cups vegetable oil
- 10 200 grams grated cheese
- 11 $\frac{1}{4}$ sour cream
- 12 salt and pepper



Preparation method

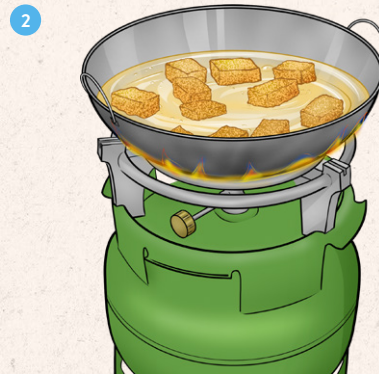
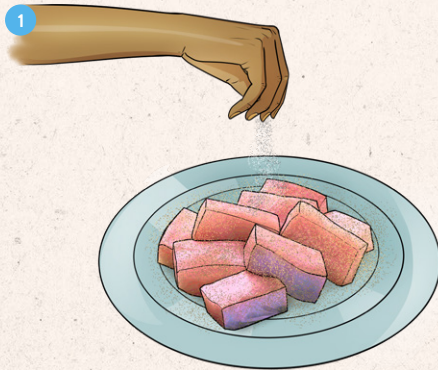
Tortilla

- 1 In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water to achieve a smooth dough. Let rest for 10 minutes.
- 2 Divide the dough into 8 portions. On a lightly floured surface, roll each portion into around 20 cm diameter circle.
- 3 Cook the tortillas in a pan over medium heat until lightly browned, about 1 minute on each side. Set aside.



Filling

- 1 Wash, clean and pat dry king fish. Season with salt, pepper, cilantro, garlic and ginger and let marinate for 4 to 6 hours.
- 2 Remove from the marination sauce and coat the king fish in flour. Remove excess flour. Now heat the vegetable oil in a pan and fry the fish until golden brown and crispy, then set aside, allowing excess oil to drain.
- 3 Heat a frying pan over low to medium heat and add the tortilla. Sprinkle a little cheese on the tortilla and let it melt. Then add a layer of fish, sour cream and top with more cheese.
- 4 Now fold your tortilla and serve it when it is still hot!




15 SALT-BAKED SNAPPER

Type: Main

Origin: Europe

Preparation & Cooking time: 1 hour

Serves: 



Ingredients



Salt-baked snapper

- | | | |
|---|------------|--------------------|
| 1 | 1 (medium) | snapper |
| 2 | 1 bunch | fresh thyme |
| 3 | 1 | lemon |
| 4 | 1 | fennel |
| 5 | 8 | egg whites |
| 6 | 6 cups | coarse kosher salt |

Preparation method

Salt-baked snapper

- 1 Preheat the oven to 180°. Rinse the snapper (already cleaned) and pat dry, and stuff the belly of the fish with the thyme, the sliced lemon and the sliced fennel.
- 2 In a bowl, combine the egg whites and salt to create a paste. In a baking dish that is longer than the snapper, place enough of the egg-and-salt mixture (around 1 cm height) and lay the fish on top, and put the remaining salt around and on top of the snapper. Bake for 40 minutes with 180°.

1

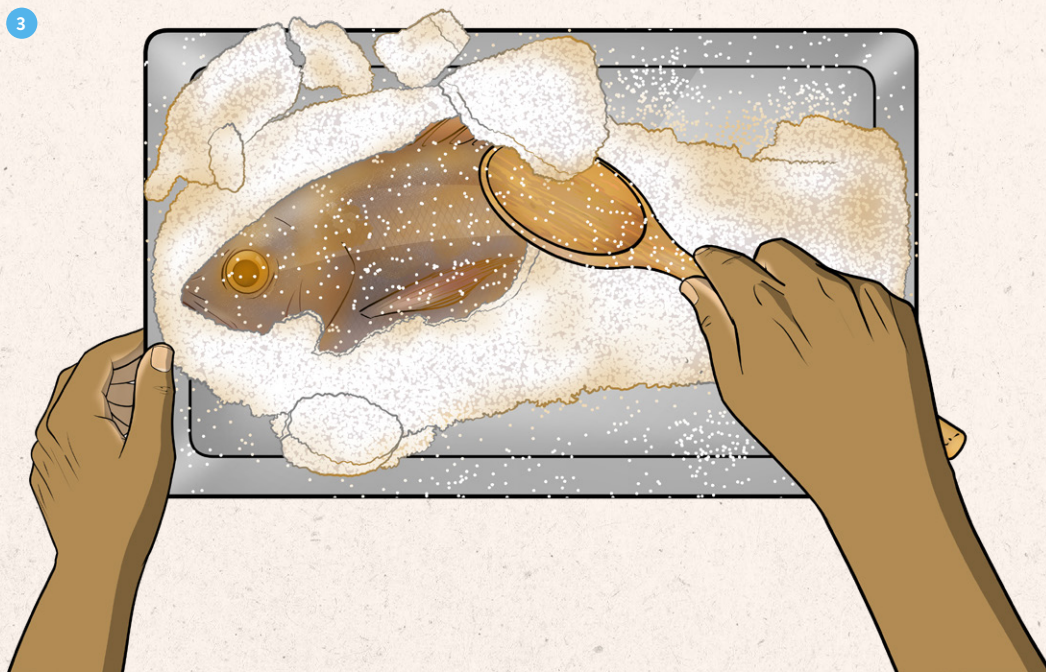


2



Salt-baked snapper (Cont'd)

- 3 Remove from oven and let rest 5 minutes. Break the salt crust with a wooden spoon and peel it away from fish.
- 4 Completely remove the salted skin and serve your salt-baked snapper!



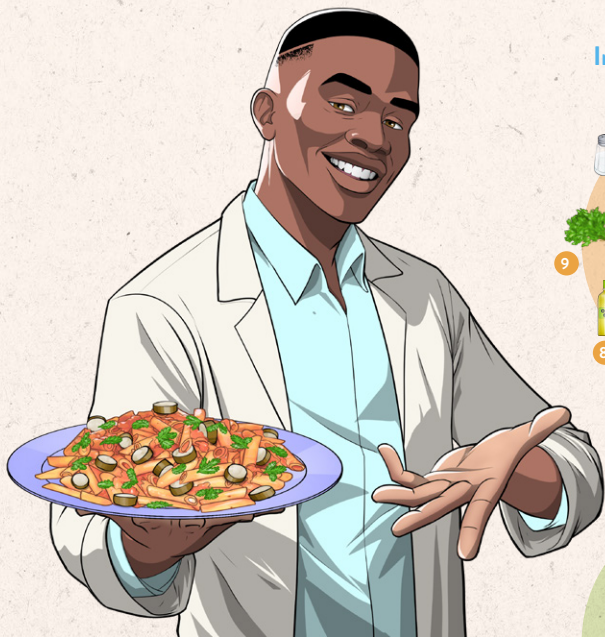
16 PASTA WITH OCTOPUS SAUCE

Type: Main

Origin: Italy

Preparation & Cooking time: 1 hour

Serves: 



Ingredients



Pasta sauce

- 1 350 grams pasta
- 1 celery
- 1 carrots
- ½ onions
- 1 garlic clove
- 200 grams cherry tomatoes
- 1½ cup tomato sauce
- 2½ tbsp olive oil
- 1 bunch parsley
- salt and pepper



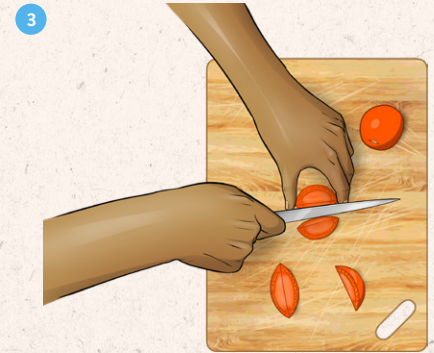
Octopus

- 1 octopus (medium)
- 2 bay leaves
- 4 juniper berries
- 1 garlic clove
- salt and pepper

Preparation method

Pasta with octopus sauce

- 1 Start with preparing the octopus: clean the octopus and rinse it under fresh water, rubbing all over its skin to remove the sticky part. In a pot, heat some water until it boils. Immerse the octopus completely. Add the bay leaf, juniper berries, garlic clove slightly crushed, and the pink peppercorns and cover with a lid. Leave to cook over medium heat for 35-40 minutes. Once cooked, drain using a skimmer and remove excess water.
- 2 Place the octopus on a chopping board and chop the octopus into equal-sized pieces. Set aside.
- 3 Next, prepare the pasta sauce: wash the cherry tomatoes and cut into four wedges. Finely dice the celery, carrot, onion, and cut the garlic into two. In a pan, brown the garlic in the oil: once it has turned golden, take it out.



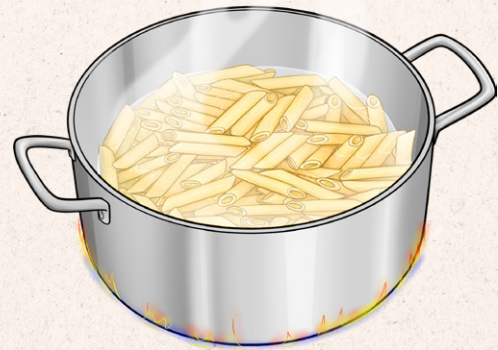
Pasta with octopus sauce (Cont'd)

- 4 Now brown the celery, carrot, and onion and then add the chopped octopus. Cook for 2-3 minutes and next add the cherry tomatoes and the tomato sauce. Cook over very low heat for 10-15 minutes and season with salt and pepper to taste.
- 5 In the meantime, boil the pasta in a pot full of salted water. Once it's ready, put it into the pot with the sauce and mix well for 2 minutes.
- 6 Serve your pasta with a sprinkle of fresh parsley!

4



5



17 FISH AND CHIPS

Type: Main

Origin: England

Preparation & Cooking time: 40 minutes

Serves: 



Ingredients



Fish and chips

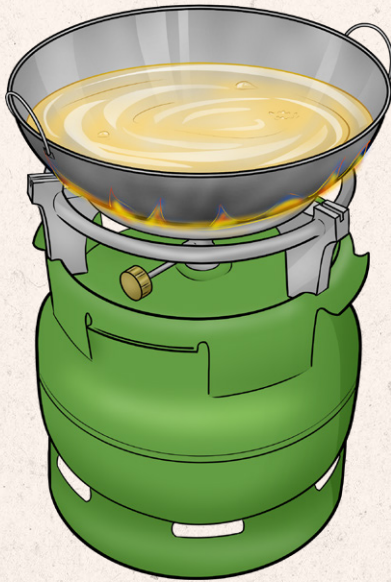
- 1 700 grams fish fillets (cod, haddock, pollock or other thick white fish)
- 2 1 cup flour
- 3 1 tsp baking powder
- 4 1 cup milk
- 5 1 egg
- 6 1 litre frying oil
- 7 salt & pepper
- 8 4 potatoes (large)

Preparation method

Fish and chips

- 1 First of all, peel and cut into strips the potatoes and put them in a bowl. Cover with cold water for 10 minutes. Heat oil in a large pot, and then put the potatoes inside to fry them for about 5 minutes, until they are tender. When you remove them from the oil, drain on paper towels to remove excess oil.
- 2 In a separate bowl, mix flour, baking powder, salt and pepper, milk and egg; stir until batter is smooth. Let stand for 20 minutes.

1



2



3



Fish and chips (Cont'd)


- 3 Dredge the fish fillet in the in batter, one piece at a time, and then place in hot oil. Fry fish in batches until golden brown on all sides; drain on paper towels.
- 4 Serve your fish and chips with lemon wedges!

18 NIÇOISE SALAD

Type: Main

Origin: France

Preparation & Cooking time: 40 minutes

Serves: 



Ingredients



Niçoise Salad

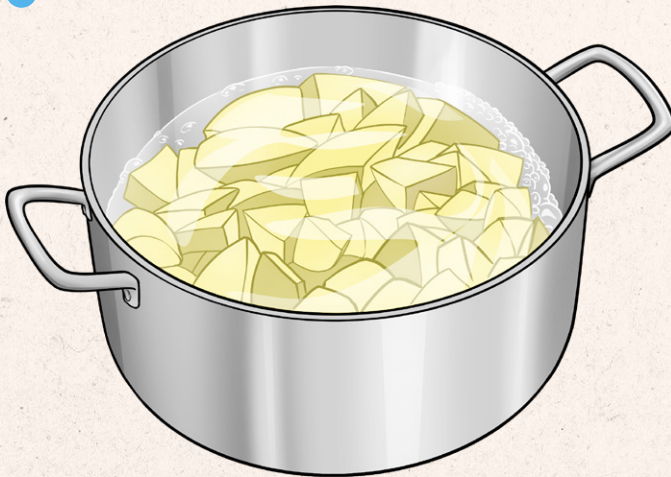
- | | | |
|----|-----------|-----------------------|
| 1 | 350 grams | potatoes |
| 2 | 125 grams | French beans |
| 3 | 2 | eggs |
| 4 | 1 tbsp | olive oil |
| 5 | 4 | tomatoes |
| 6 | 4 | anchovies in oil |
| 7 | 2 tbsp | baby capers |
| 8 | ¼ cup | basil leaves |
| 9 | ¼ cup | parsley leaves |
| 10 | | black olives to taste |
| 11 | 500 grams | fresh tuna steak |

Preparation method

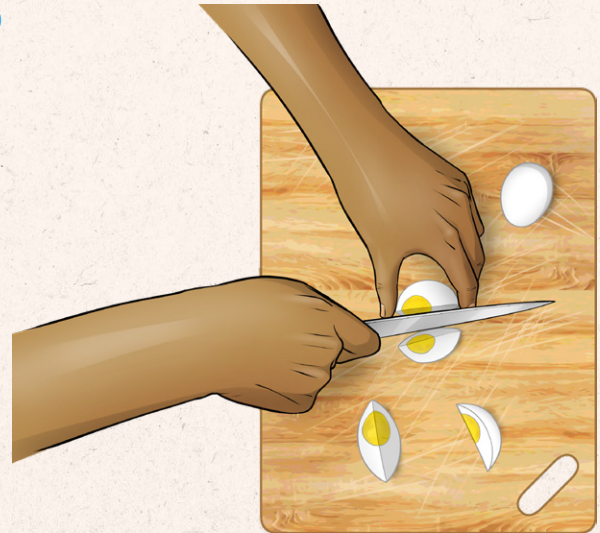
Niçoise Salad

- 1 Place potatoes in a saucepan of cold water and bring to the boil. Trim the beans and add them for the last 5 minutes of cooking. Drain and halve the potatoes.
- 2 Meanwhile, boil the eggs, peel them and cut them in quarters.

1



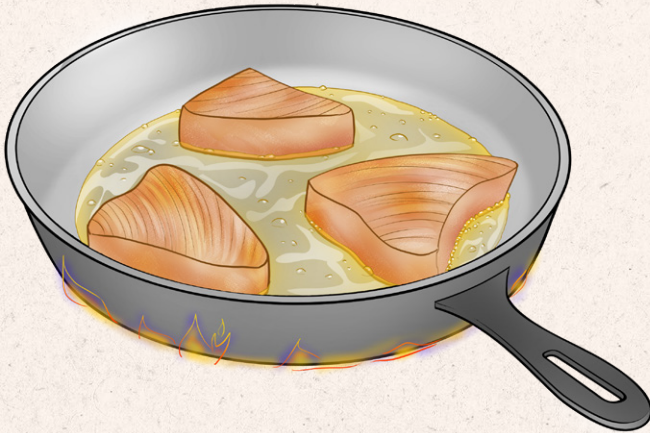
2



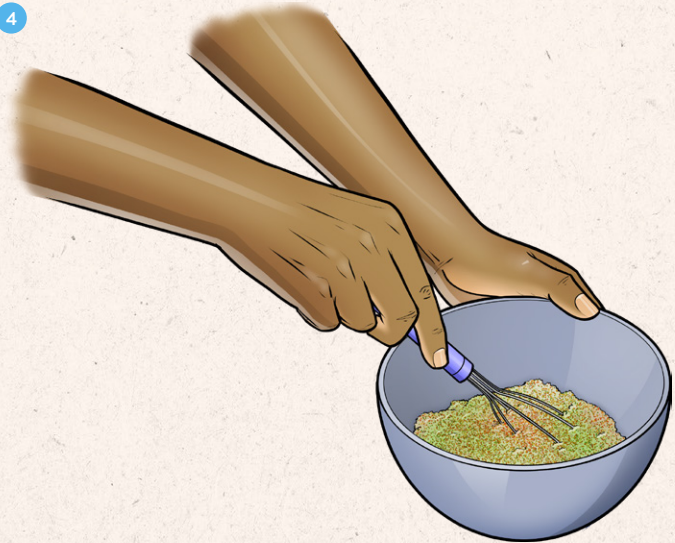
Niçoise Salad (Cont'd)

- 3 Drizzle the tuna with oil, then heat a non-stick frying pan over high heat and cook it for around 2 minutes. Then transfer to a plate and chop into chunks.
- 4 Place potato, beans, tuna, quartered tomatoes, olives, anchovies, capers and herbs in a bowl, whisk them and season.
- 5 Add all the ingredients to the salad and serve it topped with the egg!

3



4




19 CRUSTED BAKED RED SNAPPER

Type: Main

Origin: Europe

Preparation & Cooking time: 15 minutes

Serves: 



Ingredients



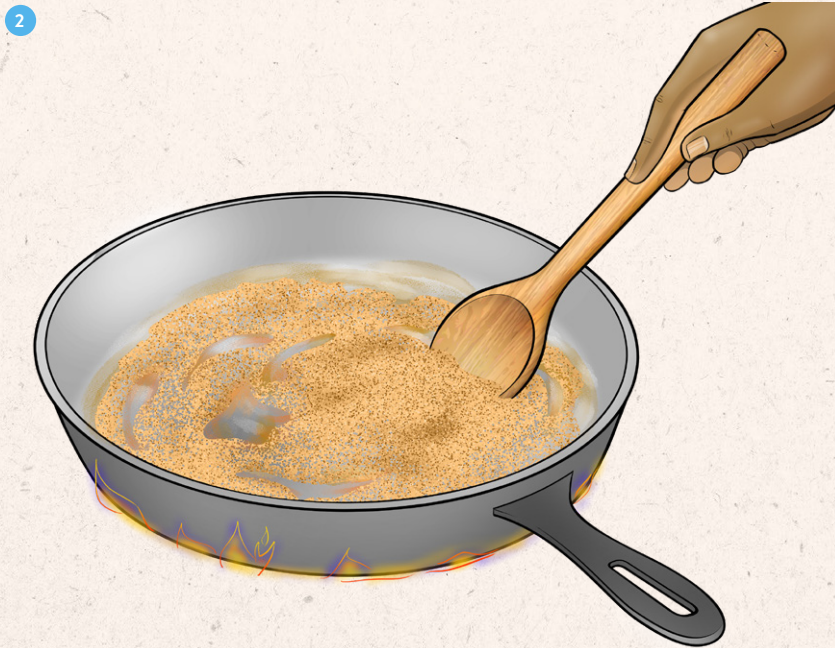
Crusted baked red snapper

- 1 2 fish fillets (red snapper, cod, sea bass or similar)
- 2 2 tbsp butter
- 3 1 tsp garlic powder
- 4 $\frac{1}{4}$ cup breadcrumbs
- 5 salt and pepper
- 6 frying oil (if cooked in a pan)

Preparation method

Crusted baked red snapper

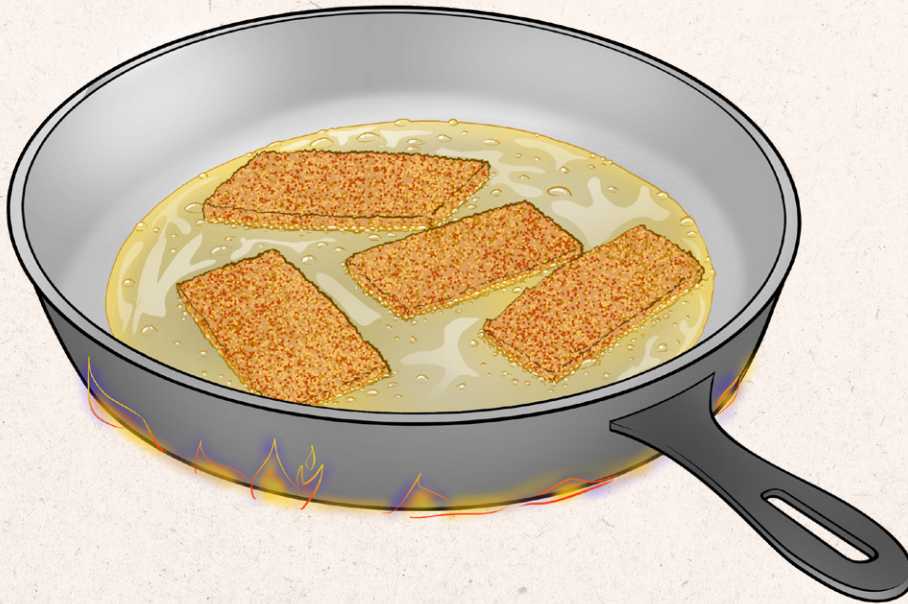
- 1 If cooked in the oven: preheat the oven to 200 C.
- 2 Heat a pan over medium heat, and add in the butter, seasonings, and breadcrumbs: cook them for 2 to 3 minutes, until they are golden brown.
- 3 If cooked in the oven: Place the red snapper fillets on a foil-lined baking sheet and cover the fish with the breadcrumbs on all sides and bake the fish for 10 minutes.



Crusted baked red snapper (Cont'd)

- 4 If cooked in the pan: cover the fish with the season breadcrumbs and put it in a pan with a bit of frying oil. Fry it for about 3 minutes on each side.
- 5 Serve your fish with lemon wedges!

4



20 GRILLED SHRIMPS SKEWERS

Type: Main/Starter

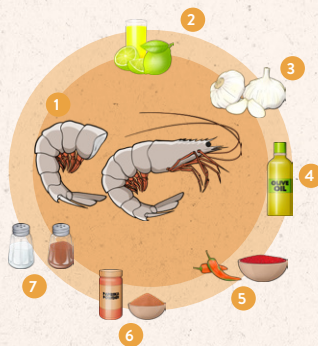
Origin: Southern Europe

Preparation & Cooking time: 45 minutes

Serves: 



Ingredients



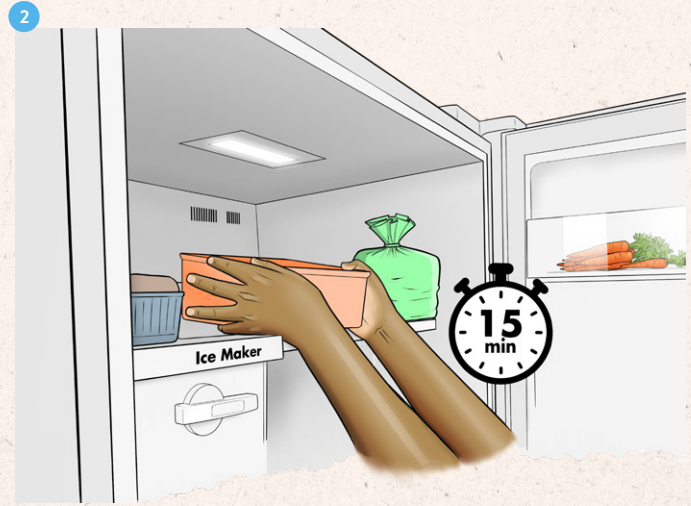
Grilled shrimps skewers

- 1 1 kg shrimps (extra large)
- 2 1 juice of lemon
- 3 3 garlic cloves
- 4 ¼ cup olive oil
- 5 ¼ tsp red pepper flakes (optional)
- 6 ½ tsp paprika
- 7 salt and pepper

Preparation method

Grilled shrimps skewers

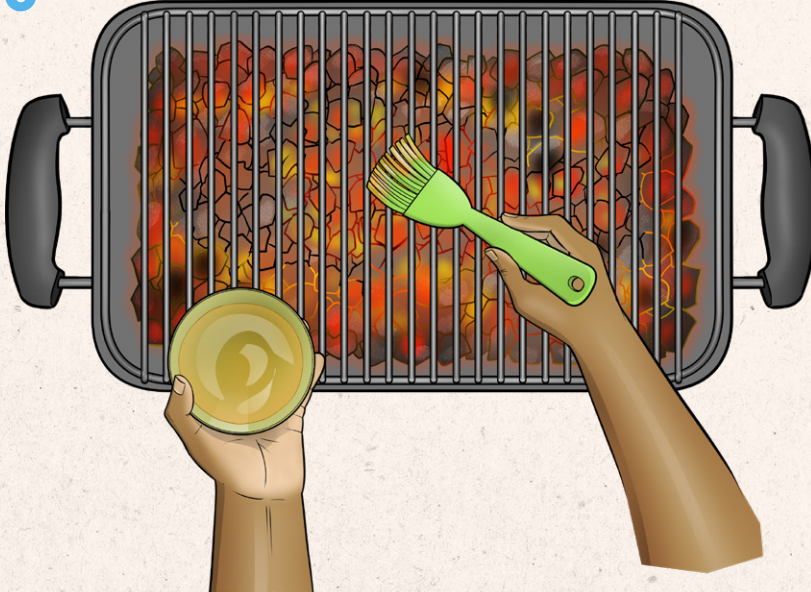
- 1 Clean the shrimps: peel the shells and tails and cut out the vein.
- 2 Now prepare the marinade sauce: in a large bowl, combine the lemon juice, the peeled and chopped garlic, olive oil, salt, black pepper, paprika and crushed red pepper. Add the cleaned shrimp and toss well to coat. Cover and refrigerate for 15 minutes.

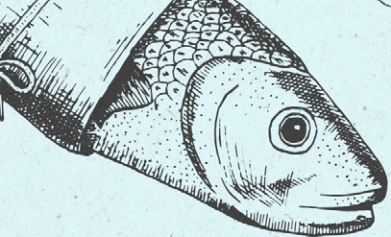


Grilled shrimps skewers (Cont'd)

- 3 Preheat a grill or grill pan to medium-high heat. Oil the grill grates well.
- 4 Remove the shrimp from the marinade and thread 4 or 5 pieces on each skewer. Place the skewers in the grill pan or on the grill over direct heat. Cook until the shrimp is bright pink all over and opaque, about 2-3 minutes per side and remove from the heat.
- 5 Serve your skewers with sea salt, parsley, and lemon wedges!

3





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