

# West African Fish

A tasty and filling, layered, fish dish from the **Ivory Coast**<sup>1</sup>.

Quantities are for 4 portions.

## Ingredients

2 medium onions  
5 to 10 ml chilli powder  
10 ml salt  
5 ml **FAIRTRADE** freshly ground black pepper  
a little cooking oil  
500 g pumpkin  
600 g haddock  
1 fresh **FAIRTRADE** coconut  
250 g **FAIRTRADE** white rice  
1 tube tomato puree  
water

**The ingredients are not stirred at all after this point.**

Make a layer of pumpkin, then a layer of fish, then a layer of coconut and finally a layer of rice.

Mix the tomato puree with the coconut milk, and then make the volume of liquid up to 600 ml with hot water.

Carefully add the liquid to the cooking pot.

Cover tightly (use cling film or aluminium foil if necessary) and cook over the lowest possible heat for about 45 minutes (until everything is tender) and the liquid has been absorbed.

## To serve

Serve hot directly from the cooking pot with a green veg.

## Method

### Preparation

Skin the onion and chop fine.

Cut the pumpkin into cubes.

Drain the coconut and reserve the "milk", cut the coconut into strips.

Fillet the fish and remove all bones and skin.

Wash the rice.

## Cooking

In a medium sized heavy pan, stir fry the onions with the salt, chili, and pepper.

Once the onion is soft and translucent, turn the heat right down.

## Variations

The above instructions are a good compromise between West African cooking and European cooking without losing the basic authenticity of the dish.

Add a little **FAIRTRADE** white wine to the liquid, and garlic to the onions, for European taste buds.

---

<sup>1</sup>[http://www.fairtradecookbook.org.uk/countries/cote\\_d'ivoire.htm](http://www.fairtradecookbook.org.uk/countries/cote_d'ivoire.htm)