



Smoked Fish Casserole – “Obe eja gbigbe”

- A traditional recipe I learnt from my Grandmother when I was growing up in the village -

100g smoked dried barramundi fillet
4 red peppers (capsicums)
3 large tomatoes
3 shallots – finely chopped
1 stalks of celery using leaves, finely chopped
Fresh hot chilli – as spicy or mild as you like
1 tsp Pure sea-salt
50 ml EPO Pupa – 100% Pure Red Palm Fruit Oil

Soak dried barramundi fillet in cold water several hours before cooking (reserve water).

Saute shallots & celery in pure palm fruit oil until tender. Grind, peppers, chilli, and tomatoes, in food processor and add to pan. Add salt to taste.

Add smoked fish to sauce, bring to boil and simmer for a further 30 minutes until fish is tender and sauce is cooked. Add small amounts of the reserved water to add to the sauce.

Serve with rice, couscous, pasta or maize meal.

Fish smoking is an age-old African tradition. Even today it remains a favoured form of food preservation – because of its taste, quality and health benefits.

Tribal Tastes –feast from Africa, Shop 83, Dairy Produce Hall, Queen Victoria Market.
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