

## Seraz Ourit

Ingredian: ourit, dile koko, disel, pima

Resipian: deksi ou swa karay

1. Met ourit lor dife, azout disel, les li rousi
2. Pas enn kout kouyer, azout inpe disel ankor
3. Kouver li me pa tro, sinon li pou rann delo,
4. Azout dile koko, les li kwi
5. Pas kouyer ek azout pima, les kwi ziska li'nn pare



**CHAGOS:**  
**Cultural Heritage**  
**Across Generations**

## Octopus *Seraz*

Ingredients: octopus, coconut milk, salt, chillies

Utensils: saucepan (*deksi*) or frying pan (*karai*)

1. Put the pre-chopped octopus to heat, add salt and let it cook
2. Stir on and off and add some more salt
3. Put the lid on but not completely, to prevent the meat from releasing water
4. Add the coconut milk and leave it to simmer
5. Stir while adding the chillies and let it cook until ready to taste



**CHAGOS:  
Cultural Heritage  
Across Generations**