

Seraz Poul

Ingredian: poul, ziromon, dile koko

Resipian: deksi ou swa karay

1. Dekoup ou poul, les li rousi
2. Azout ziromon, les li sek
3. Kan poul inn bien rousi
4. Azout dile koko, les li kwi ziska li'nn pare



CHAGOS:
Cultural Heritage
Across Generations

Chicken *Seraz*

Ingredients: chicken, pumpkin, coconut milk

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

1. Cut chicken into adequate pieces, and brown them
2. Add pumpkin, let it cook until dried
3. When the chicken is cooked through
4. Add the coconut milk and let simmer until ready



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