



Mouf

Ingredian: diri, banann, dile koko, disik, delo

Resipian: deksi, fey banann

1. Lav diri, met li sek
2. Kraz li lor ros-kari fer li vinn an poud
3. Melanz li avek disik, banann kraze ek dile koko ziska li vinn lapat
4. Met delo pou bwi dan deksi
5. Koup ou fey banann an ti kare longer 25cm
6. Pran bann morso lapat enn par enn, anvlop zot dan fey, ek atas zot
7. Plonz sa bann ti pake-la dan delo bwi, les zot kwi enn bon moman
8. Kan ou trouve zot inn kwi, tir zot enn par enn, anlev zot fey
9. Atann ki zot fre pou servi ek apresie mouf banann ek koko, enn spesialite Chagos





Coconut Banana Cake

Ingredients: rice, bananas, coconut milk, sugar, and water

Utensils: saucepan (*deksi*), banana leaf

1. Wash the rice and let it dry
2. Crush it on a *ros-kari* (flat stone on which spices are crushed with a small stone cylinder) until it becomes powdery
3. Mix with sugar, crushed bananas and coconut milk until it turns into a paste
4. Put water to boil in the *deksi*
5. Cut the banana leaf into square pieces of 25cm size
6. Take small chunks of the paste, wrap and tie each in the banana leaf
7. Dip them into the boiling water and leave to cook
8. When cooked through, remove one by one and take off the leaf.
9. Leave to cool, then serve for the pleasure of tasting *mouf*, a Chagossian speciality



**CHAGOS:
Cultural Heritage
Across Generations**