

## Toufe Pwason

Ingredian: pwason, baton kanel, karipoule, zwayon, dipwav, bilinbi, zinzam, delwil, lay, zirof, limon, baka

Resipian: karay

1. Met delwil so, azout baton kanel, les li frir,
2. Apre met enn tipe karipoule
3. Prepar ou bann zepis ek zi limon pou met pwason marine
4. Koup ou zwayon an lamel, met dan karay, apre met pwason
5. Dekoup bilinbi, aroz li partou, les kwi
6. Azout baka, les mizote
7. Pers limon lor toufe pwason



**CHAGOS:  
Cultural Heritage  
Across Generations**

## Sautéed Fish

Ingredients : fish, cinnamon stick, curry leaves, onions, pepper, *bilinbi*, ginger, oil, garlic, cloves, lemon, *baka* (fermented drink)

Utensils: deep frying pan (*karai*)

1. Heat the oil, add the cinnamon and let it fry
2. Then add some curry leaves
3. Get your spices and lemon juice ready to marinate the fish
4. Slice the onions, put them into the pan, add the marinated fish
5. Cut the *bilinbi* into round slices, sprinkle all over and leave to cook
6. Add the *baka* and leave to simmer
7. Press the lemon juice over the cooked fish



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