

Seraz Arwi

Ingredian: arwi, disik, dile koko

Resipian: deksi ou swa karay

1. Plis arwi, lav li, koup li an morso pa tro gro
2. Azout delo, met lor dife
3. Azout disik, les li bwi
4. Azout dile koko, les li kwi
5. Kan arwi koumans vinn kouma lakrem, li'nn pare pou manze



**CHAGOS:
Cultural Heritage
Across Generations**

Taro Root *Seraz*

Ingredients: taro root, sugar, coconut milk

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

1. Peel and wash the taro root, cut it into medium cubes
2. Add water to the *deksi* and leave to boil
3. Add sugar and leave to cook
4. When the taro root starts getting creamy, it's ready to eat as dessert



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