

## Obambo stew



*Serves 2–4*

2 pieces dried tilapia (or similar dried freshwater fish)

1 tbsp oil

1 large onion, finely chopped

1 large carrot, grated

1 clove of garlic, crushed

3 tomatoes, grated

1 cup of milk

1 tbsp chopped coriander

salt to taste

Rinse the fish in tepid water (you may need to do this a few times to get rid of any excess 'dust' or stubborn scales on the fish).

Place in a large pot, cover with water and bring to the boil.

Turn off the heat, cover and leave the fish to sit in the water for at least an hour.

Heat the oil in a pan on medium-high.

Fry the onion and carrot until brown.

Add the garlic and lightly fry for about a minute.

Add the grated tomatoes and cook until they are 'saucy'.

Pour in the milk and stir.

Add the chopped coriander.

Bring gently to the boil.

Take the fish from its soaking liquid in the pot and place it on top of the 'gravy' in the pan, Reduce the heat and a simmer for 20 minutes.