

# Recipe Details - Main dishes based on fish



LAROU

## □ **Ingredients (serve 5):**

- 500g of RACINES Sankhal - Gné Gné
- 500g of fresh fish
- 25g of dried fish • 2 onions
- 150g of DIEG BOU DIAR tomato purée
- 150g of fresh tomatoes • 15cl of peanut oil
- 1 large fresh chilli pepper
- 2 soup spoonfuls of lime juice
- salt

## **RECIPE**

1-Gently fry the chopped onions in hot oil. Mix the fresh tomatoes with the DIEG BOU DIAR tomato purée and add to the pan. Reduce for several minutes whilst stirring.

2- Add the fresh fish and dried fish (and 2 litres of water a few minutes later) and then add the chilli pepper. Add salt and cook for approximately 30 minutes.

3-Then remove the fish and sprinkle on the RACINES Sankhal - Gné Gné whilst stirring.

4-Cook for a further 30 minutes, adding the lime juice before fully cooked. Season again if necessary. Serve hot with the fish.

NB: the fish can be replaced by meat (cut into pieces), but the meat must not be removed when adding the RACINES Sankhal - Gné Gné. Tamarind juice or sorrel juice can be used instead of lime juice.

Bon appétit.



Other main dishes  
based on fish :



Recipies



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