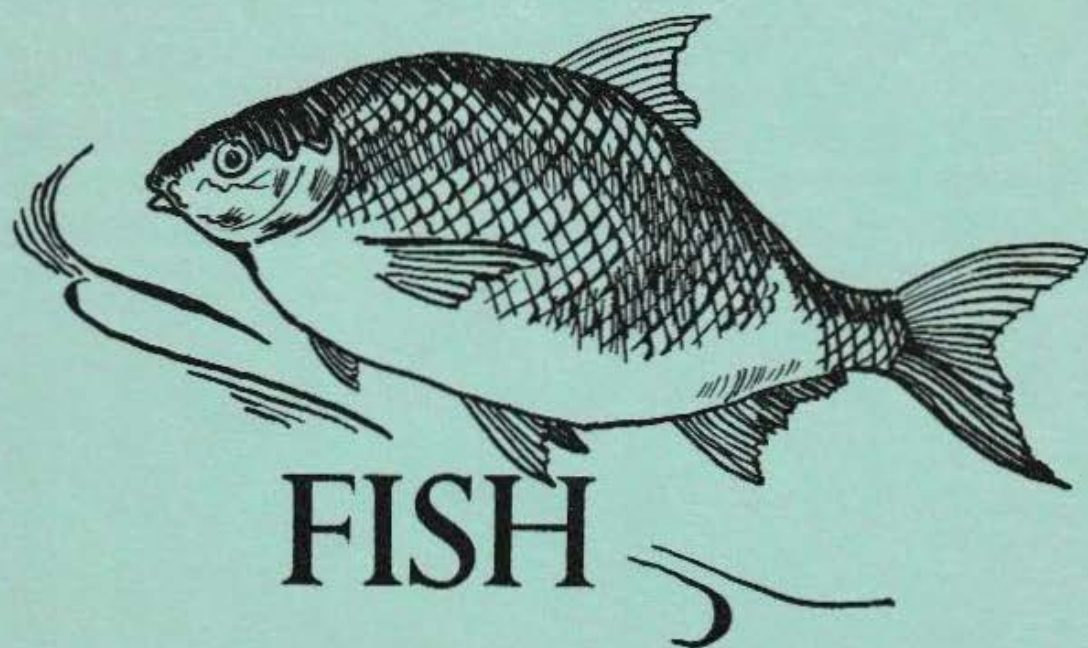


BREAM, TROUT AND BASS are the commonest local **fish** in Rhodesia. The keen fisherman will know of many others, and these dishes can be adapted to them according to fancy.



## 87. FRIED FILLETS OF BREAM

4 bream fillets

juice of half a lemon

salt and pepper, and other seasoning as desired

$\frac{1}{2}$  cup flour

2 tablespoons margarine

1 onion, finely chopped

1 cup sliced mushrooms

4 capers

4 tablespoons white wine

Pour lemon juice over the bream fillets and allow to marinate for half an hour. Remove from lemon juice and dry carefully. Mix flour and seasoning, sprinkle over fillets and fry in margarine till golden. Fry the onions and mushrooms in a little margarine. Add capers. Sprinkle with flour and add wine. Stir till thickened, and then keep warm. Place bream on a hot dish. Pour the mushroom mixture over. Garnish with a few slices of lemon. Serve with creamed potatoes and green peas.

## **88. BAKED BREAM FILLETS**

If your fish is fresh, remove the tail and head, and clean out the intestines. Wash well in cold water. To fillet, cut the flesh away from the backbone, working from tail to head, removing all the small bones.

4 fillets Bream

1 glass white wine

2 or 3 tomatoes, seeded and skinned

2 onions, finely chopped

margarine

seasoning

Place the fillets of bream in a well seasoned oven proof dish. Surround with tomatoes and onions. Dot with small pieces of margarine. Season to taste, and sprinkle with the wine. Bake in moderate oven for about 15 minutes.

## 89. PICKLED FISH (Suitable for Bream)

1 kg or 2 $\frac{1}{4}$  lbs filleted fish

seasoned flour

oil to fry

2 tablespoons sugar

2 tablespoons flour

2 tablespoons golden syrup

2 large sliced onions

1 large tomatoe

1 teaspoon dry mustard

$\frac{1}{2}$  teaspoon cayenne pepper

$\frac{1}{2}$  teaspoon ground allspice

1 teaspoon tumeric

1 dessertspoon curry powder

1 teaspoon salt

1 cup boiling water

approximately 1 bottle vinegar

Roll the pieces of fish in the seasoned flour, and fry in hot oil till tender but not brown. Mix all dry ingredients with  $\frac{1}{2}$  bottle of vinegar and syrup and onions. Bring to the boil and stir all the time. Add boiling water, remaining vinegar and cook till onions are tender. Put the fish into a large casserole, pour the sauce over and simmer gently for about an hour. Leave till cold, and store in frig for several days before using as it greatly improves with keeping.

## 90. GRILLED HERBED TROUT

4 medium trout

$\frac{1}{2}$  cup butter

1 teaspoon salt,  $\frac{1}{4}$  teaspoon freshly ground black pepper

1 teaspoon crushed coriander seeds

$\frac{1}{4}$  teaspoon cardamon

2 tablespoons lemon juice

1 cup yoghurt

Wash the trout inside and out and dry on paper towel. Melt the butter and mix in the seasonings, lemon juice and yoghurt. Blend well and brush the trout inside and out with the mixture. Lay a large piece of aluminium foil on the grill and allow the foil to get very hot. Lay the trout on the foil to cook, brushing over with the sauce mixture often during the cooking. Turn and cook the other side—total cooking time 30 minutes. The flesh should flake easily when cooked.

**91.**

## **PARTY TROUT**

1 good sized trout, the bigger the better  
salt water to cover

lemon slices, parsley and cucumber to garnish  
mayonnaise mixed with anchovy sauce till pink

Wash and scale the fish. Find a large pan long and deep enough to accommodate the whole of your fish, a large roasting pan is suitable. Lay the trout in the pan and cover with hot salted water. It is better if the water covers the fish, but not essential. Gently poach the fish on one side, turn over and do the other side. You can see when the fish is cooked by gently dividing the flesh down the centre line. When done, lift out of the pan, place on a serving dish and chill thoroughly. Do not skin it as it will dry out. Decorate with lemon slices, parsley and cucumber, and serve with pink mayonnaise.

**93. MARINADE FOR FISH**

$\frac{1}{4}$  cup salad oil

3 crushed cloves garlic

2 teaspoons salt

$\frac{1}{4}$  teaspoon black pepper

$\frac{1}{4}$  teaspoon ground ginger or paprika

2 tablespoons lemon juice

Combine all ingredients. Use to marinate filleted bream or other river fish. Leave to soak in the marinade for 2 hours.

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$\frac{1}{4}$  cup salad oil

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