



Mbonyiwe Chakanga

BOILED DRY MILONGE (CATFISH)

RECIPE BY MBONYIWE CHAKANGA

Ingredients

- Dried whole milonge (catfish)
- Water
- Onion
- Tomato
- Oil

Cooking Procedures

1. Soak the fish in lukewarm water for 10 minutes for easy cleaning and to remove any sand.
2. Transfer fish to pot after thoroughly cleaning. Add some sliced onion on top for flavor.
3. Cook on the stove for 3 hours. Only boil with a small amount of water so that the fish is steamed and does not lose its shape.
4. While the fish is boiling, prepare a soup of tomato and onion, adding oil and salt.
5. When the fish softens such that even the bones are soft, pour the soup on top of the fish.
6. Lower the heat and leave the pot to simmer for 1 hour so that the soup flavors the fish.
7. When fish soup has thickened, it is ready to eat.