



Photo by Robert Sakapaji

DRIED SMALL FISH (KAPENTA)

RECIPE BY ROBERT SAKAPAJI

Ingredients

- Kapenta or kakeya (small fish, such as sardines)
- Tomatoes
- Onion
- Cabbage, cassava, or other greens
- Cooking oil
- Salt

Preparation with Vegetables

1. Clean the small fish with warm water.
2. Add cooking oil to a pan, and let it heat.
3. Add the fish to the heated cooking oil and lightly fry the fish.
4. Cook the vegetables (could be cassava leaves or cabbage) separately using tomatoes and onion.
5. Add the fish to the vegetables and let them cook for not more than 10 minutes.

Note: the fish can also be cooked and served separately from the vegetables.

Preparation with Nshima

1. Clean the small fish using warm water, then let them dry.
2. Add them to a pan, add some salt when dry, and place on the stove. The fish should be continuously stirred and the pan shaken so that the fish are flipped on all sides, preventing them from burning.
3. When the fish look roasted enough, they are ready to eat. Depending on preference, some may add cooking oil, tomatoes, and onions to the fish.
4. The fish can be served as a snack or with nshima (cornmeal porridge that could be substituted for rice, grits, or cornbread).