

Fish-pumpkin balls

Materials needed:

Mortar and pestle, spoon, knife, bowl, frying pan

Ingredients:

18-20	small fish (whole with head)*
½ cup	boiled and mashed pumpkin
1	sliced onion
2 tablespoon	sliced ginger
4 clove	garlic
½ teaspoon	turmeric
pinch	salt
	oil for frying

*ideal size between 1.0-1.5 inch

> 48 g (3 tical) of small fish for an adult and 24 g (1.5 tical) of small fish for children 06-23 months old provides substantial amounts of daily nutrients



Preparation:

1. Wash hands with soap and water before preparing the dish.
2. Wash the fish twice. Do NOT cut off the heads.
3. Pound the onion, garlic and ginger together. Set aside.
4. Pound or grind the small fish whole until it becomes like a paste.
5. Put the fish into a bowl. Add the mashed pumpkin.
6. Squeeze out the juice from the onion, garlic and ginger mixture. Add into the fish-pumpkin mixture.
7. Add tumeric and salt to suit your taste.
8. Shape the mix into small balls.
9. Fry the fish-pumpkin balls until golden brown.



The recipe makes 200 g (12.5 tical) of fish balls