

to the CUSO office to be included in a revised edition of this booklet. Maybe CUSO PNG will be the first to complete a collection of distinctively Papua New Guinean recipes.

The larger selection of recipes included here are from Asia, Australia and the South Pacific besides a few adapted Canadian ones. They only use foods grown locally apart from spices and dairy products.

### ABUS

Fish, turtle, live chickens, and some bush animals are available in the markets. Other meat is raised in the villages or bought from butchers.

Beef is relatively cheap but chicken and pork are quite expensive and definitely luxury foods. The cheapest way to buy this type of meat is whole and learn to do your own butchering.

Chicken would be the easiest to start with. Choose plump birds with soft smooth legs and tender skin. The end of the breastbone should be flexible and soft and the eyes should be bright. An old bird has hard, dry scaly legs, a hard breastbone and long hairs.

Learn what times fresh fish arrives at your market (if it does) and be there then as markets here don't have proper storing facilities. Also good fish is rapidly sold out.

When buying brightly coloured fish, check whether they have poison sacks and learn how to remove them when necessary.

A fresh fish has firm flesh, bright eyes, and red gills. Poke the eyes and flesh and lift up the gills to ensure your fish is fresh.

Fish which is sold smoked keeps much longer in the market. Often this fish must be soaked before eating.

When buying shell-fish make sure they are tightly closed. If the shells are beginning to open, the animal is dying and the meat beginning to decay. Leave in fresh water for several minutes before cooking to remove sand and mud from the shell-fish. Boil in shells. When cooked, the shells will open and you can remove the meat.

Turtle meat must also be very fresh. Usually they are killed one at a time and cut up right at the market for immediate sale. Boil in coconut cream.

How to fillet a fish: Wash the fish thoroughly in cold water and pat dry with paper towels. Take a sharp knife and holding fish firmly by tail (use a cloth to prevent slipping), remove the scales by scraping down towards the head. Next sever the head at the gills, remove all fins and finally the tail. Make a long straight opening right down the fish belly and remove the guts. Wash fish again and open to remove backbone. You should now be able to cut the fish down the back, thus making two whole fillets. However, if it is a small fish with small bones, this may mutilate