

the fish too much, so leave the backbone in. Flatfish are not boned. Some may prefer to cook the fish whole, but it still should be scaled and the gut removed by slitting the belly open enough to remove same. Now you have the fish ready to cook in a number of ways.

Cooking Fresh Crab and Lobster: You must drown them first in FRESH water in a bucket. Then place in a large saucepan, cover with cold water and bring to the boil, simmer until cooked (lobster will turn bright red). Do not overcook as this will toughen the flesh. Break off a claw to test doneness. Usually takes about 20 minutes. Serve hot with sauce, if liked, or cold with salad. Crab is usually eaten cold. Lobster is very good with curry or cheese sauce. Remove 'coral' from lobster and serve separately to those who like it. Both can be served very decoratively, but this is not necessary.

KUMU

Edible Greens: The markets all over PNG are filled with a wide variety of green leaves which are both delicious and highly nutritious once you learn how to cook with them. Besides they are much more economical than the slightly nutritious lettuce that is imported from Australia at fantastic prices.

It's difficult to learn names for all the kumu available as they may only have local names or of course botanical names. If you ask a woman in the market what the name of a particular leaf is she'll look at you in a puzzled way or perhaps reply, "kumu tasol". Don't try to learn the greens by name; learn to recognize them by shape, color and taste. You'll soon have your favorites.

When you buy a new kumu cook a little bit and taste it before adding it to your food or serving it for a meal. Some are bitter when cooked, others will change consistency when cooked, some will not blend well with other kumu and others will not suit the other food you are cooking. As most of this is a matter of taste you will have to do your own experimenting to discover which ones you'll use again. Take time to discover the various greens available in your market, as they're probably some of the most exciting local vegetables available.

Many kumu are sold with roots or stalks that can be replanted in your garden. So it's also important to learn which parts of your vegetables can be used to grow more.

Only buy your greens on the day you intend to cook with them and as close to your cooking time as possible. If you have to store them for a few hours, soak them in water or wet them and wrap in a tea towel to be placed in the fridge. If you have a garden you can pick your vegetables just before throwing them in the pot.

You must be careful not to overcook your greens as they will lose a lot of food value and become mushy and unappetizing. Always add greens to a soup towards the end of cooking. This isn't possible when mumuing but it doesn't seem to matter as when boiling or frying. Also learn to fry greens Chinese style which is by far the best method to retain food value and taste.