

Other Commonly Found Fruits:	Custard Apple	37
	Guava	37
	Lemons	37
	Limes	37
	Malay Apple	37
	Mandarin Oranges	37
	Oranges	39
	Passionfruit	39
	Pomelo	39
	Rambutan	39
	Starfruit or Five Cornered Fruit	39
	Saporo	39
Nuts:	Okari Nuts	40
	Pandanus Nuts (Cor fruit)	40
	Peanuts	40

PART II: RECIPES FROM PAPUA NEW GUINEA - TRADITIONAL AND MODERN

Abus:	Chicken:	Chicken Pot (adapted to Port Moresby)	41
		Chicken and Vegetables	41
		Mumu in a Drum (adapted from the Highlands)	41
	Bully Beef:	Corned Beef - Medina High School Style	42
		Corned Beef and Pumpkin (Milne Bay)	42
		Praim Corned Beef	43
		Vegetables and Bully Beef	43
	Fresh Beef:	Morobe Meat Patties	44
	Fresh Fish:	Baked Fish in Coconut Milk	44
		Baked Stuffed Fish	44
		Fish Dish	45
		Fish Pot (Milne Bay)	46
		Fish and Vegetables (Central District)	46
		One Pot Yam Fish Dish (Hula)	46
		Vegetables and Greens Served with Fish (Rabaul)	47
	Shell Fish:	Crab and Greens (Central District)	48
		Hula Crab and Taro (Central District)	48
		Steamed Crab (Central District)	48
		Kaukau Crayfish	49
	Tinned Fish:	Fish Cakes	49
		Kol Pis Na Rais	49
		Pis Pi	50
Kumu:	Bugandi Egg-Drop Soup (North Coast)	50	
	Dish of Greens (Papuan Coast)	51	
	Fish and Greens (Hula)	51	
	Shell-Fish and Greens (Milne Bay)	52	
	Stuffed Green Pawpaw (Papuan Coast)	52	