

# School Fish Eating Program

By Fisheries Division: Naomi

Hosoe

## 「SEAFOOD TIZIMI」 (Korea pancake)

Ingredient	2portions	4portions
Fish	40g	80g
Carrot	10g	20g
Chinese chive or chive	1 bunch	2bunches
Potato	2	4
Flour	50g	100g
Egg	1	2
Salt, pepper	to taste	to taste
Sesame oil or oil		
<div style="display: flex; align-items: center;"> <span style="font-size: 2em; margin-right: 5px;">{</span> <div style="margin-left: 5px;">           Soy sauce            Vinegar         </div> </div>	1tsp	2tsps
	1tsp	2tsps

1. Shred fish and carrot.
2. Cut chinese chive or chive into 5cm, and grate potatoes.
3. Mix (1), (2) ,flour, egg, salt and pepper in a bowl.
4. Heat sesame oil or oil in a frying pan, pour (3) in the pan fry both side nicely. Then pour soy sauce and vinegar on top.
5. When serving, cut the Tizimi in 6 or 8 pieces.



## 「FRIED FISH CURRY FLAVOR」

Ingredient	2portions	4portions
Fish	2	4
Salt	to taste	to taste
<div style="display: flex; align-items: center;"> <span style="font-size: 2em; margin-right: 5px;">{</span> <div style="margin-left: 5px;">           Curry            powder            Garlic(grate)            A Soy sauce            Whit wine            Salt         </div> </div>	1/2tsp	1tsp
	1/2clove	1clove
	1/2tsp	1tsp
	1/2tsp	1tsp
	to taste	to taste
Oil		

1. Cut the fish into an even size. Sprinkle salt and leave for 5minutes.
2. Put seasoning (A) into bowl. Add fish and mix well. Then leave for 10minutes.
3. Heat the oil at 170°C. Deep fry fish until nice color



## 「Marinade fish and Carrot」

Ingredient	2portions	4portions	
Fish	2	4	
Salt pepper flour			
Carrot	100g	200g	
	Salt	1/4tbsp	1/3tbsp
Parsley (chop)			
A	vinegar	1tsp	1 · 1/2tsp
	Lemon	1/4	1/2
	Sugar	1 pinch	2 pinch
	Soy sauce	1/2tbsp	1tbsp
	Oil	1tsp	1 · 1/2tsp
Oil			

1. Cut fish into 2cm slices. Sprinkle salt and pepper, then coat fish in flour.
2. Peel the skin, slice the carrot using a peeler. Sprinkle salt and leave for 10minutes until soft.
3. Heat the oil at 170°C. Deep fry fish until nice color.
4. Put seasoning (A) into bowl. Add deep fried fish, carrot and parsley mix together.



## 「FISH CHEESE PICCATA」

Ingredient	2portions	4portions
Fish	2	4
Salt, pepper	to taste	to taste
Flour		
Egg	1	2
Cheese	20g	40g
Parsley (chop)		
Oil		
Tomato-ketchup		

- ① Cut fish into 3cm slices. Sprinkle salt and pepper, then coat fish in flour.
- ② Grate or finely chop cheese.
- ③ Beat egg, add cheese and parsley to egg mix together.
- ④ Coat fish in egg mixture.
- ⑤ Fry both side nicely.



## 「Fish coconut milk curry」

Ingredient	2portions	4portions	
Fish	200g	400g	
Ginger (grate)	1tbsp	2tbsp	
Garlic (grate)	1tbsp	2tbsp	
Onion (chop)	1/2~1	1~2	
Pepper(chop)	1/2~1	1~2	
Coconut oil or oil			
<div style="display: flex; align-items: center;"> <div style="font-size: 2em; margin-right: 5px;">{</div> <div style="margin-right: 5px;">Coriander</div> </div>	1/2tbsp	1tbsp	
	Cumin	1/2tbsp	1tbsp
	Turmeric	1/4tbsp	1/2tbsp
Coconut milk	200ml	400ml	
<div style="display: flex; align-items: center;"> <div style="font-size: 2em; margin-right: 5px;">{</div> <div style="margin-right: 5px;">Tamarind</div> </div>	20g	40g	
	Warm water	150ml	200~300ml
Chicken seasoning cube	1/2	1	
Salt, white pepper	to taste	to taste	
Tomato	1/2	1	

- ① Heat coconut oil or oil in a pot. Fry ginger, garlic , onion and pepper over a low heat until lightly browned.
- ② Add the remainder of the spices in the pot, fry together.
- ③ Pour coconut milk, tamarind juice and seasoning to the pot. Allow to simmer for about 15 minutes.
- ④ Cut fish into even size. Add fish to (3). Allow to simmer for about 10minutes until cooked.
- ⑤ Serve with sliced tomato and rice.



※If you don't have coriander, cumin and turmeric, you can use curry powder (2tsps) instead of spices.