



## Pilchard fish cakes



### Ingredients

425g	pilchards in tomato sauce, 1 tin
¼	onion, finely chopped
100ml	flour, cake
2ml	baking powder
pinch	salt, two finger pinch
1	egg

### Method

- Preheat the oven to 180°C.
- Brush a baking sheet with oil.
- Mash the fish, including the bone, with a fork, mash bones well
- Mix all ingredients.
- Shape into small fish cakes. Place on baking sheet.
- Bake until done, about 20 minutes.



## Vegetable briyani



### Ingredients

1	small brinjal	2	cups water
2ml	salt	25ml	oil
125ml	rice	1	leek, sliced
60ml	lentils	½	onion, chopped
pinch	salt, two finger pinch	1ml	masala
2ml	turmeric	2	tomatoes, chopped
2ml	coriander	5	baby marrows, sliced
1ml	cumin	5ml	sugar

### Method

- Preheat oven to 160°C.
- Brush a baking dish (with a lid) lightly with oil.
- Wash the brinjal, cut it into cubes. Sprinkle with salt.
- Put a weight on the brinjal pieces and leave for 1 hour. Rinse and shake dry.
- Put rice, lentils, salt, turmeric, coriander, cumin and water in a saucepan.
- Bring to the boil, cover, lower the heat and cook gently for about 50 minutes.
- Drain any excess liquid. Fluff with a fork.
- Heat oil in a pan. Sauté the leeks, onions and masala.
- When softened, add the brinjal, tomatoes and marrows.
- Cook for about 10 minutes, stirring occasionally.
- Remove from the stove. Add sugar
- Create layers of one third of rice and half the vegetable. Repeat and top with the last third of the rice.
- Bake covered for 30 minutes