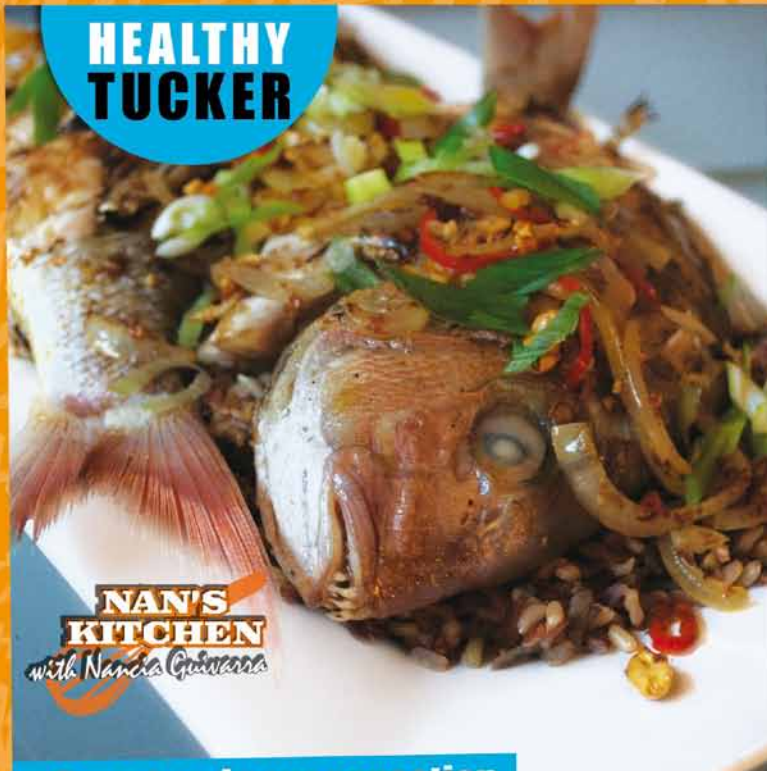


MY NAME

Healthy Tucker – Chilli Tamarind Fish page 18



**HEALTHY
TUCKER**

**NAN'S
KITCHEN**
with Nanda Guirerra

Sweet and sour sensation

I used to love eating tamarinds straight off the tree as a child. The pulp grows around seeds inside pods. When ripe, they have a sweet and sour taste that's popular among Islanders in Far North Queensland. I first came across this dish in Thailand, but it's so extraordinary I've adopted it as my own, adding tamarind to fried chilli fish. It's best to avoid fried foods but it won't hurt to eat them occasionally if you go easy on the oil – just stick to the measurements and use spray oil instead. You can buy tamarind paste in Asian or specialty food stores.

Chilli Tamarind Fish (serves 2)

INGREDIENTS

- * 1kg whole cleaned fish (such as snapper)
- * 1 can spray olive oil
- * 2 garlic cloves
- * 1 tsp finely chopped fresh or dried chilli
- * 2 tablespoons of tamarind paste
- * 1 tsp fish sauce
- * 100 ml vegetable stock
- * cooked brown rice, to serve

METHOD

- 1 Make about 3 or 4 cuts on each side of your fish. Season with salt and pepper to taste. Spray with olive oil for 3 seconds on each side.
- 2 Heat a frying pan until sizzling hot. Add fish and fry for 1 minute until crispy.
- 3 Turn heat down to low and cook for 10 minutes on one side. Turn over and cook for 4 minutes. Set aside.
- 4 Over medium heat, fry garlic and chilli for 1 minute.
- 5 Place all remaining ingredients into the pan and simmer the sauce for 3 minutes.
- 6 To serve, place fish on a bed of brown rice and pour sauce over it.

TAMARIND!

Tropical taste booster.

**FOOD
FOCUS**



The tamarind is mostly a tropical food that grows well in warm and wet climates. It is believed to have originated in Africa, and the plant grows wild throughout the Sudan, but it has also been in India for so long that India is often mistaken as its native home. Tamarind fruit is shaped like a pod and as it matures, it develops a reddish-brown pulp. When ripe this turns into a sticky paste that has a much loved sweet/sour flavour and is rich in Vitamin C and calcium.

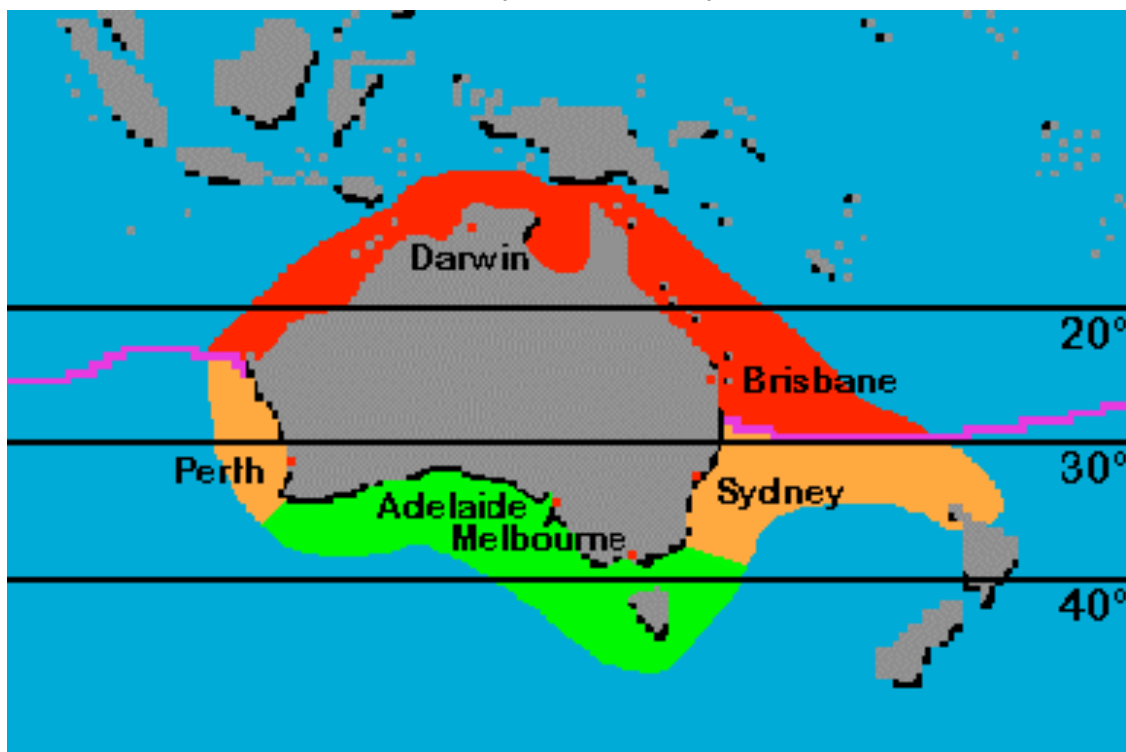
Tamarind is mostly a tropical fruit that grows well in warm and wet climates. It is a legume, like peanuts, soy beans, peas and lentils.

Tamarind grows wild in parts of Africa and it has been grown in India for a long time. It grows well in the tropical areas of Far North Queensland.

When the seeds inside the pods are ripe, they turn reddish-brown and have a sweet and sour taste. The seed paste is used in cooking.



Tamarind plant and seed pod



RED = Tropical areas of Australia where tamarind can grow

Read the recipe for Chilli Tamarind Fish on page 18

ACTIVITY 1- READING FOR MEANING

There are three levels of comprehension questions:

Level 1 – Literal. The answer is located in one sentence in the text.

Level 2 – Inferred. You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Level 3 – Applied. The answer is in your background knowledge, what you already know or feel.

1. You will need 2kg of fish to make this recipe. (literal)

TRUE

FALSE

2. List three other ingredients for this recipe. (literal)

3. In what order would you do these? (inferred)

Number the boxes 1, 2, 3.

- Serve on a bed of brown rice.
- Fry fish until crispy.
- Simmer all other ingredients to make the sauce.

ACTIVITY 2- LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Seeson with salt and pepper.

2. Serve with source.

3. You will need one teaspoon of choped chilli.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. You will need **too** tablespoons of tamarind paste.

2. You will need **vegetable** stock.

3. Cook slowly for tem **minits**.

ACTIVITY 3- LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences?

Shade one bubble.

1. Tamarind is tasty in cooking _____ it only grows in tropical areas.

- although
- because
- that
- then

2. Cooking _____ a fun activity for all the family.

- can be
- is being

3. Cooking _____ a great way to have fun.

- is
- were
- are

ACTIVITY- 4 LANGUAGE CONVENTIONS – PUNCTUATION

Read these sentences. Some words and punctuation have been left out.

Which words and punctuation correctly completes each sentence?

1. Put **the commas (,)** where they should go in this sentence.

To make this recipe you will need fish garlic chilli and tamarind paste.

2. Put **the three (3) apostrophes** where they should go in this sentence.

Tamarind has a great taste thats very popular in tropical areas, and its used in cooking in the worlds restaurants.

3. Shade one bubble.

"Why not use tamarind in your next _____ she asked.

- meal "
- meal ? "
- meal ?, "
- meal. "

ACTIVITY 5 WRITING A PROCEDURE.

A recipe is a PROCEDURE text.

A PROCEDURE gives you step by step instructions about how to make something.

This recipe gives you the procedure for making Chilli Tamarind Fish.

Draw the six steps in the recipe.

1	2	3
4	5	6

Write the recipe for your favourite meal.

INGREDIENTS

METHOD
