

JeromProjects



Why Eat Catfish?

- Low in Calories and Fat
- Contains Healthy Fatty Acids
- Provides Complete Protein
- Source of Vitamin B-12
- Low in Mercury

You Can Find Our Catfish At:

- Fine Restaurants
- Hotels
- Eateries
- Bars

The experts in production of:

Table-size Catfish
Fingerlings
Fish Supplies
Feeds
Pond Design & Building

Specialists in Agricultural Matters
and Consultancy, Farm
Planning and Management

Catfish Stew

Directions:

Heat a little oil in a pan, add the catfish pieces and fry until browned all over. Remove with a slotted spoon and drain on kitchen paper.

Season the catfish cubes with salt then add to a pot along with the onions, thyme, curry powder and cook in a little oil for some 15 minutes, until tender. Grind the 2 large onions, chillies and tomatoes together in a food processor. Add the remaining oil to separate pot and fry the ground tomato blend in this for 20 minutes, until fairly dry. Add the tomato puree and a little stock, stir thoroughly and then add to the fried catfish pieces. Bring to a boil and then simmer gently for a further 10 minutes, stirring frequently. Drain off any oil that rises to the surface and then stir-in the partminger leaves.

Serve immediately with boiled rice or fried plantain.

Ingredients:

1kg catfish, cleaned and cut into large cubes
225g fresh scotch bonnet chillies
1kg fresh tomatoes, ground 2 large onions
2 cloves garlic
1 small tin tomato puree
1 tsp thyme
2 tsp chopped partminger leaves
2 onions, sliced
1 tsp curry powder
570ml ground nut oil
Salt to taste



We also design and build ponds!



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