



*Je'in*  
*ikan no hakán tasi*  
*iha Timor-Leste*

Reseita ho istória sira kona-ba  
tradisaun no moris loroloron nian

*Cooking*  
*fish and seafood*  
*in Timor-Leste*

Recipes and stories of  
traditions and livelihoods

Agustinha Duarte  
Kim Hunnam & Hampus Eriksson



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with Kim Hunnam & Hampus Eriksson



**Australian Government**  
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Ikan tunu ho *katupa*. Foto kredit: Joctan Dos Reis Lopes.



# Lia maklokek

Ha'u sente onradu simu biban atu hakerek Lia maklokek iha livru, *Te'in ikan no hahán tasi iha Timor-Leste: reseita no istória sira kona-ba tradisaun no moris loroloron nian.*

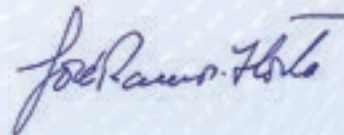
Dezde hetan ita nia independensia atu besik ona ba tinan 20 liu, Timor-Leste luta ona atu kore aan husi kiak no hamenus númeru malnutrisaun ne'ebe aas, liuliu ba feto no labaraik sira. Ida ne'e mak sai problema ne'ebe kompleksu, persiza halo asaun dezenvolvimentu sustentavel liuhosi setór oioin inklui: agrikultura no peskas atu bele hasa'e produsaun hahán lokál; dezenvolvimentu infrastrutura atu bele fasilita distribuisaun no hadi'ak sanitazen; hadi'ak kuidadu saúde atu bele prevene no halo tratamentu ba moras sira; no fó edukasaun ne'ebe importansia kona-ba han hahán ne'ebe nutritivu.

Timor-Leste iha potensia rekursu natureza hodi fó assistensia ba hadi'ak saúde no nutrisaun, no fó mós rendimentu ba iha familia uma ka'in sira, liuhosi setór peskas nian. Mellora distribuisaun no produsaun peskas nian, no hasa'e konsiénsia kona-ba benefisiu husi han ikan ne'ebe bele hadi'ak moris loroloron nian ba familia sira ne'ebe iha área kosteira nian, nomós hadi'ak ema nia saúde iha nasaun ida ne'e. Ho esforsu no

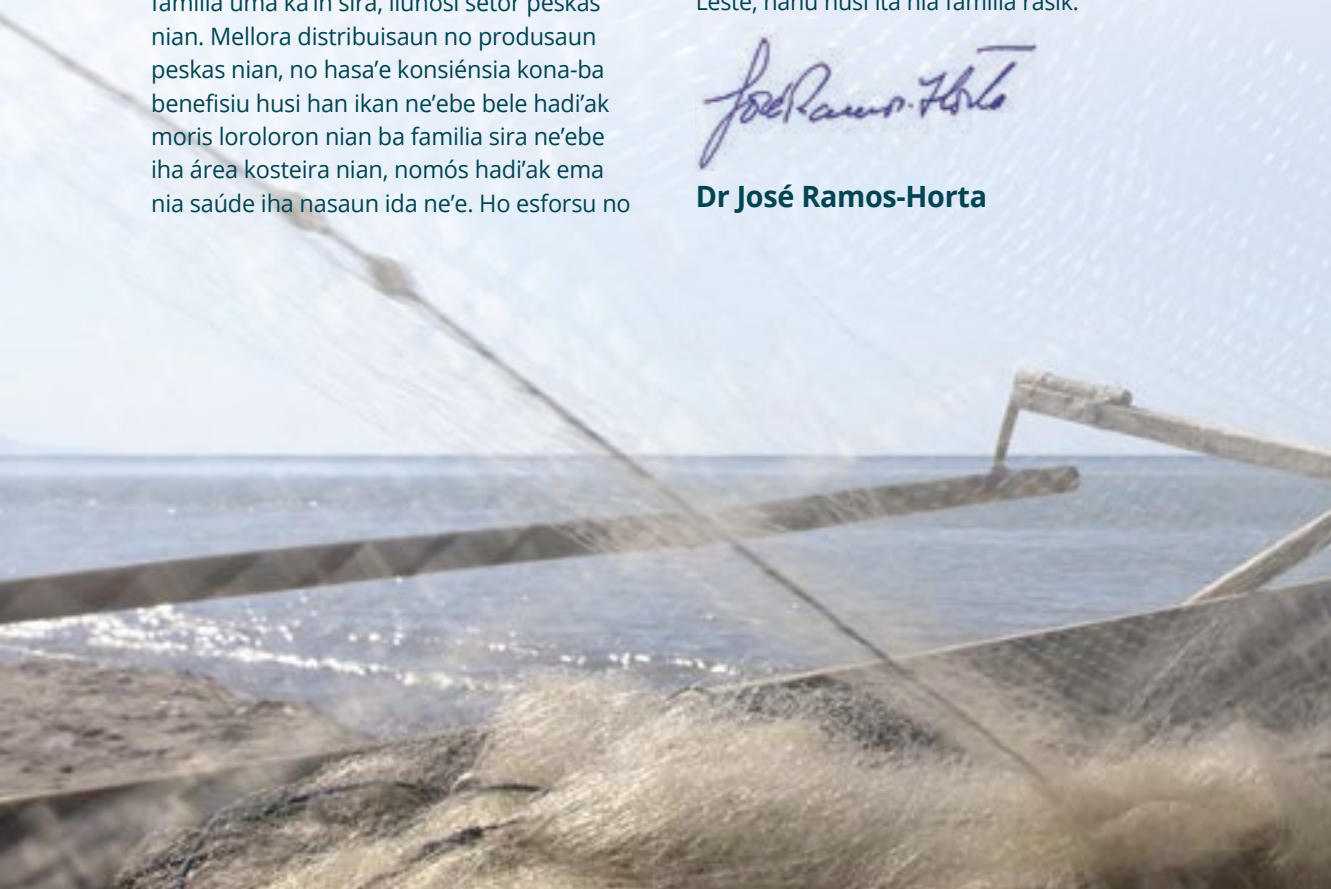
tékniku peskas foun foin daudaun, kona-ba experimenta foun ba peskas nian, halo experimenta ba produktu ikan no hakiak ikan, liuhosi programa Governu ho parseiru dezenvolvimentu sira.

Livru reseita ne'e hanesan parte ida husi esforsu sira ne'ebe temi ona iha leten. Livru ne'e fó hanoin filafali no hanorin ita oinsá utiliza ita nia produktu lokál no ita nia tradisaun te'in husi beiala sira – hahán no tradisaun ne'ebe iha valór nutrisaun no istória orijen hun husi kedas Timor nian, ne'ebe sei la lakon husi jerasaun ba jerasaun. Reseita sira iha livru ida ne'e maiória uza ingrediente lokál no mós maneira te'in ne'ebe fasil atu halo tuir. Fó matadalan ne'ebe útil ba familia no uma ka'in sira, nomós restaurante sira no estudante sira.

Hanesan Timor oan ho orgullu, ha'u he'in katak maluk Timor oan sira sei apresia no uza livru reseita ida ne'e, atu nune'e hamutuk ita bele hadi'ak saúde no nutrisaun iha Timor-Leste, hahú husi ita nia familia rasik.



**Dr José Ramos-Horta**



# Foreword

I am honoured to accept the opportunity to write the Foreword for this book, *Cooking fish and seafood in Timor-Leste: recipes and stories of traditions and livelihoods*.

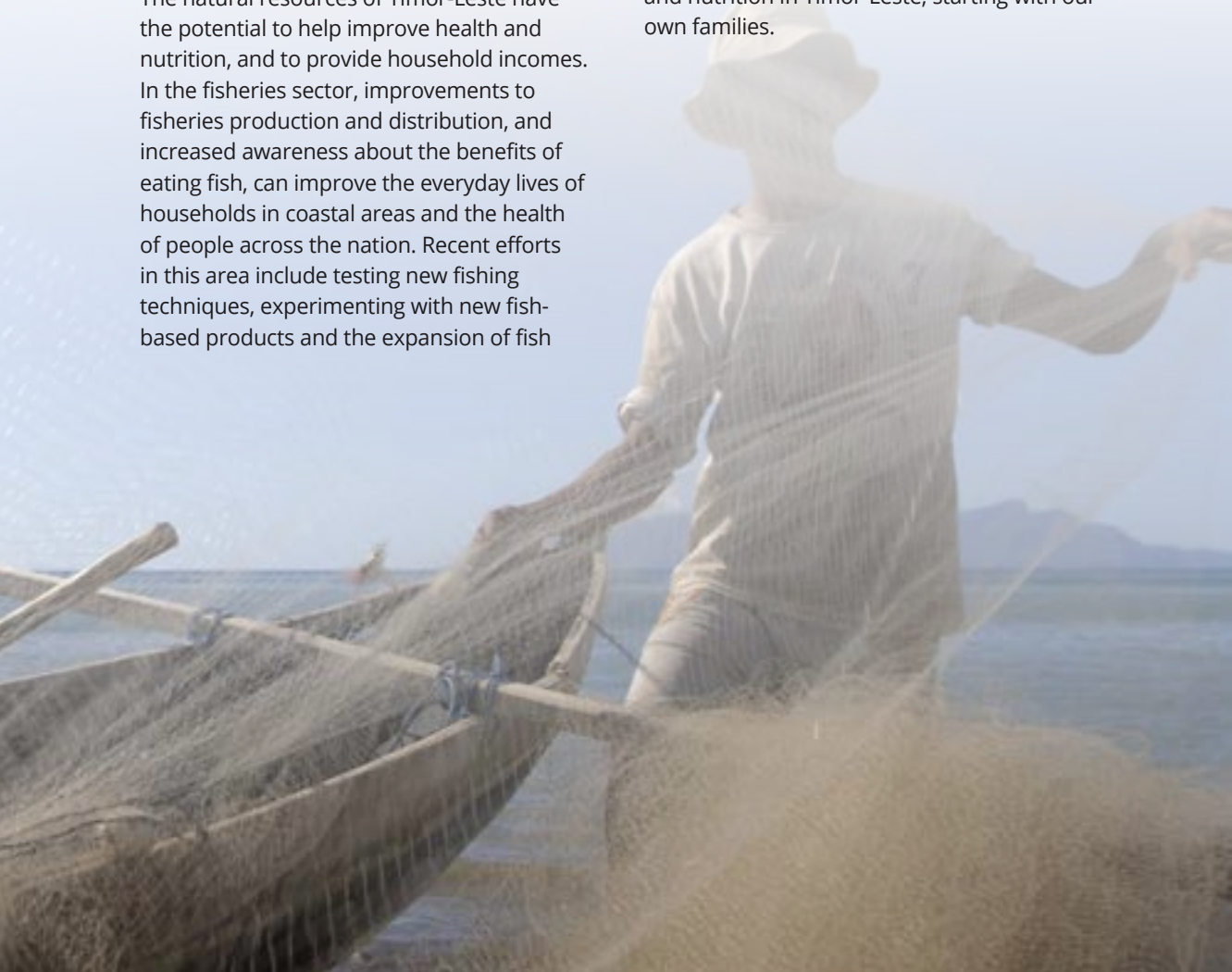
Since we achieved Independence almost 20 years ago, Timor-Leste has been striving to alleviate poverty and reduce its unacceptably high rates of malnutrition, particularly among women and children. These are complex problems, requiring ongoing efforts across multiple sectors, including: agriculture and fisheries to increase local food production; infrastructure development to facilitate distribution and improve sanitation; improved health care to treat and prevent diseases; and education about the importance of eating a nutritious diet.

The natural resources of Timor-Leste have the potential to help improve health and nutrition, and to provide household incomes. In the fisheries sector, improvements to fisheries production and distribution, and increased awareness about the benefits of eating fish, can improve the everyday lives of households in coastal areas and the health of people across the nation. Recent efforts in this area include testing new fishing techniques, experimenting with new fish-based products and the expansion of fish

farming through programs of the Government of Timor-Leste and its development partners.

This recipe book forms part of the efforts mentioned above. It reminds and teaches us how to use our local products and the cooking traditions of our ancestors – foods and traditions that have nutritional value, historical origins firmly rooted in Timor-Leste, and live on from generation to generation. The recipes in this book use mainly local ingredients and cooking methods that are easy to follow. They provide a useful guide for families and households, as well as restaurants and students.

As a proud Timorese, I hope that my fellow Timorese will appreciate and use this recipe book, so that together we can improve health and nutrition in Timor-Leste, starting with our own families.









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## Prefásiu

Livru ne'e hanesan koleksaun ida kona-ba reseita hahán tasi nian, ne'ebe mak foti iha Timor-Leste laran, mai husi ema ida-idak ho ninia istória prátika rasik.

Liuhosi reseita no istória ida-idak, ita espera bele akapta valór oioin ho eskala kí'ik ne'ebe mai husi peskadór sira nian iha Timor-Leste kona-ba importanisa husi ikan no peskadór sira nian ba iha uma kain, vida moris no ekonomia, nomós saúde no nutrisaun ba ema Timor. Istória no reseita sira ne'e hanesan selebrasaun kona-ba ita nia identidade lokál no kultura tradisaun sira. Ita mós iha objetivu ida atu fokaliza ba iha kna'ar feto no mane nian iha setór ida ne'e hanesan peskadór sira, vendedór ikan sira, no mós ema ne'ebe hola parte iha prosesamentu ikan.

Ho livru ida ne'e ita espera sei kria interesse no ko'alia liu tan kona-ba ikan, hahán tasi no peskas ba públiku tomak. Ita mós hakarak enkoraja konsumidór sira atu te'in aihan tasi hanesan parte husi hahán familia ne'ebe saudavel, sosa aihan tasi lokál atu suporta peskadór Timor sira bazeia ba vida moris, no orgolhu ho hahán lokal no maneira te'in, barak mak iha ligasaun kultural nian. Ho hasae perfil ikan no peskas eskala kí'ik hamutuk ho governo, ajensia no organizasaun seluk, ita espera atu promove inkluzsaun ba ikan no hahán tasi iha diskusaun kona-ba nutrisaun, seguransa alimentar no vida moris, nomós hasae suporta, fundus, halo jestaun ba iha setór peskas nian, tuir objetivu polítika programa dezentvolvimentu sustentavel.

## Preface

This book is a collection of seafood recipes gathered from around Timor-Leste, each introduced by a story about a particular practice, species or person.

Through each recipe and story, we hope to capture some of the diverse values of small-scale fisheries in Timor-Leste – the importance of fish and fisheries for household livelihoods and the economy, and for the health and nutrition of Timorese people. The stories and recipes are celebrations of local identity, culture and traditions. We also aim to highlight the role of both women and men in this sector, as fishers, fish traders and fish processors.

We hope this book will generate interest and conversations on fish, seafood and fisheries among a wide audience. We want to encourage consumers to cook seafood as part of healthy family meals, buy local seafood to support Timorese fisheries-based livelihoods, and have pride in local foods and cooking methods, many of which have cultural connections. By raising the profile of fish and small-scale fisheries with government, aid agencies and other organisations, we hope to promote the inclusion of fish and seafood in discussions on nutrition, food security and livelihoods, as well as increase support, funding, policies and programs aimed at the sustainable development and management of the fisheries sector.







## Jornada husi livru reseita ida ne'e

Han hahán sira ne'ebe ha'u hetan iha tempu sei kí'ik halo ha'u aumenta haksolok, wainhira hahán sira ne'e sei bele hetan iha tempu agora no bele fahe tutan ba ema seluk liuhosi livru ida ne'e!

Ha'u mai husi fatin kí'ik ida iha tasi ninin iha Viqueque, fatin ne'ebe ha'u kí'ik to'o bo'ot ho han hahán husi tasi no lagua. Ami te'in ikan no hahán tasi ho maneira ne'ebe simples: tu'u ba kesak tunu iha ahi leten – ne'ebe mak agora ema bolu barbeque; da'an ho derok been ka ingrediente ne'ebe atu hanesan – ne'ebe mak agora ema koñese liu ho naran agusal. Maibé maneira te'in ida ne'ebe mak to'o agora laiha naran seluk mak saboko. Bainhira ha'u sei kí'ik ida ne'e konsidera favóritu uito'an tanba presiza tempu atu prepara no te'in.

Prosesu hakerek livru ida ne'e tinan tolu ona. Reseita ne'ebe mak iha fahe husi ema laran murak sira husi feto no mane husi munísipiu lima iha Timor-Leste. Sira fahe sira nia istória wainhira ami dada-lia ho sira iha baraka dalan ninin; wainhira ami monta botir atu lasu boek, ka ami ba hamutuk meti atu foti budutasi; no koko te'in hamutuk, ka fahe hahán gostu ida ne'ebe foin mak ami halo. Ida ne'e la sura ho loron no viajen sira iha luron/estrada ne'ebe tun sa'e, treinu te'in iha uma no, automáticamente, han barak ikan no hahán tasi nian sira seluk ne'ebe gostu!

Reseita sira ne'e foti uito'an de'it husi maneira barak ema nian atu haksolok ho han ikan no hahán tasi iha Timor-Leste laran tomak. Balun hahán íkone ne'ebe te'in ho maneira tradisional, no balun impaktu husi mistura hahán Portugues no Indonezia, balun ho variedade foun ne'ebe gostu. Ha'u espera ita bo'ot sira bele haksolok hanesan mós ho ha'u.

## The journey of this recipe book

Eating foods from my childhood fills me with happiness – and even more so now that they can be shared with others through this book!

I come from a small coastal village in Viqueque, where I grew up eating foods from the sea and lagoons. We cooked our fish and seafood in simple ways: grilled on skewers over the fire – which now people call *barbeque* (barbecuing); and boiled with lime juice or other similar ingredients – now known by the name *aguasál* (a sour soup). But one cooking method that even today has no other name is *saboko* (baked in palm leaves). This was considered a little bit special when I was young, because it took time to prepare and cook.

This book has been three years in the making. The recipes presented were generously shared by women and men from five municipalities around Timor-Leste. They told me their stories as we chatted at their roadside stalls and restaurants; while we set bottle traps for shrimp, or waded through shallow water looking for seaweed; and while we practised cooking together, or shared the delicious meal we had just made. It involved countless days travelling along bumpy roads, practising cooking at home and, of course, eating lots of delicious fish and other seafood!

These recipes are just a small selection of the many ways people enjoy eating fish and seafood across Timor-Leste. Some are iconic dishes cooked using traditional techniques, others incorporate influences from Portuguese and Indonesian cuisines, while a few are tasty new variations. I hope you enjoy them as much as I do.



Ikus liu ha'u espera livru ne'e sei inspira Timor oan sira hotu, liuliu jersaun foin sa'e sira, atu han hahan ne'ebe saúavel, han ikan no aihan husi tasi barak liu, iha papél hodi partisipa beibeik iha atividade kultural sira, hakerek tan livru istória barak ho lian Tetun kona-ba ita nia rai Timor-Leste, no valóriza ita nia aihan ne'ebe mai husi ita nia rain rasik.

## Agustinha Duarte

*Agustinha (iha liman loos) hamutuk feto sira husi suco Leohitu no sira nia aguasál ikan nila. Sira uza máskara te'in ezemplu prátika di'ak kona-ba ijiene.*

*Agustinha (on right) with women from Leohitu village and their tilapia soup. Masks are worn for hygienic practice in food preparation.*

Finally, I hope this book will inspire all Timorese, especially the younger generation, to eat healthily, eat more fish and seafood, take an active role in cultural activities, write more books in Tetun and about Timor-Leste, and take pride in the food that comes from our country.







# Peskas iha Timor-Leste

Ikan no hahán tasi fornese rekursu esensial rendimentu no aihan nutritivu ba familia barak iha Timor-Leste. Hamutuk ho peskadór skala kí'ik no vendedór ikan sira iha responsabilidade ba iha koileta no distribuisaun produtu peskas lokál iha teritóriu laran tomak.

Iha munísipiu parte kosteira sira, peska ho kail no redi ho bero kose ka bero ho motór kí'ik, hodi kaer ikan oioin, ikan sira ne'e mak hanesan: bainar mutin, kombong, layang, sardina, samber, bainar fatuk, fafulu no ikan sira seluk. Iha fatin balu, peskadór sira serbisu iha grupu kí'ik, hodi instala rumpon, ne'ebe baibain halo husi au no ai tali, atu bele dada ikan kí'ik no bo'ot nato'on. Iha atividade peskas seluk bele kaer ikan la uza bero, mak hanesan luku, no tiru ikan ho besi kro'at, besik ahuruin iha tasi ninin, no mós uza nere, kail no dain. Meti – kaer ikan, kadiuk, kurita no budutasi iha ahuruin sira wainhira tasi maran – atividade ida ne'e mak sai importansia ba uma kain sira nia rendimentu no aihan loroloron nian.

Iha Timor-Leste feto no mane involve direita no indireita iha atividade peskas. Peskadór maiória mane sira mak uza bero, enkuantu atividade meti maiória halo husi feto no labarik sira. Feto sira mós fó apoiu ba sira nia aman, maun, ka katuas oan liuhosi dudu ró sira, hadia rede sira, kaer ikan, no mós te'in no tau matan ba labarik sira. Feto ho mane involve hotu iha atividade fa'an ikan.

Ikan sira ne'e fa'an iha estrada ninin ba ema sira ho transporte ba mai iha parte kosteira ka dala ruma la'ó ain de'it lori tama sai uma ka ho bisikleta. Kuandu kaer ikan mak barak liu entaun tenki lori ba iha sentru sidade no kapital munísipiu sira, inklui area foho, baibain ho motór ka kareta kí'ik/angguna. Ikan bo'ot fa'an ida-idak, maibé ikan kí'ik fa'an ho butuk iha meja sira iha merkadu, ikan talin ne'ebe kesi liuhosi matan, iha vajo aifunan tali tahan ne'ebe kesi liuhosi guerra

# Fishing in Timor-Leste

Fish and seafood provide an essential source of income and nutritious food to many families in Timor-Leste. Collectively, small-scale fishers and fish traders are responsible for harvesting and distributing local fisheries products all around the country.

In all coastal municipalities, fishing with lines and nets from paddle canoes or small motorised boats is carried out to catch a variety of fish, including short-bodied mackerels, mackerel scads, sardines, halfbeaks, fusiliers, unicornfish and others. In some locations, fishers work in small groups to deploy *rumpon* or fish aggregating devices (FADs) – traditionally made from bamboo and palm fronds – to attract schools of small and medium pelagic fish. Other fishing activities are carried out without boats, such as diving and spearfishing on nearshore reefs, and shore-based fishing with cast nets, handlines and handheld nets. Gleaning – collecting fish, crabs and octopus, as well as seaweed and seagrass, on exposed rocky reefs at low tide – is another important fishing activity carried out for both household food and income.

Both men and women are involved in fisheries activities in Timor-Leste, both directly and indirectly. Most boat-based fishers are men, while gleaning activities are carried out predominantly by women and children. Women also support their fisher fathers, husbands and brothers by helping to launch boats, fix nets and sort catches as well as cooking meals and looking after children. Both men and women are involved in selling fish.

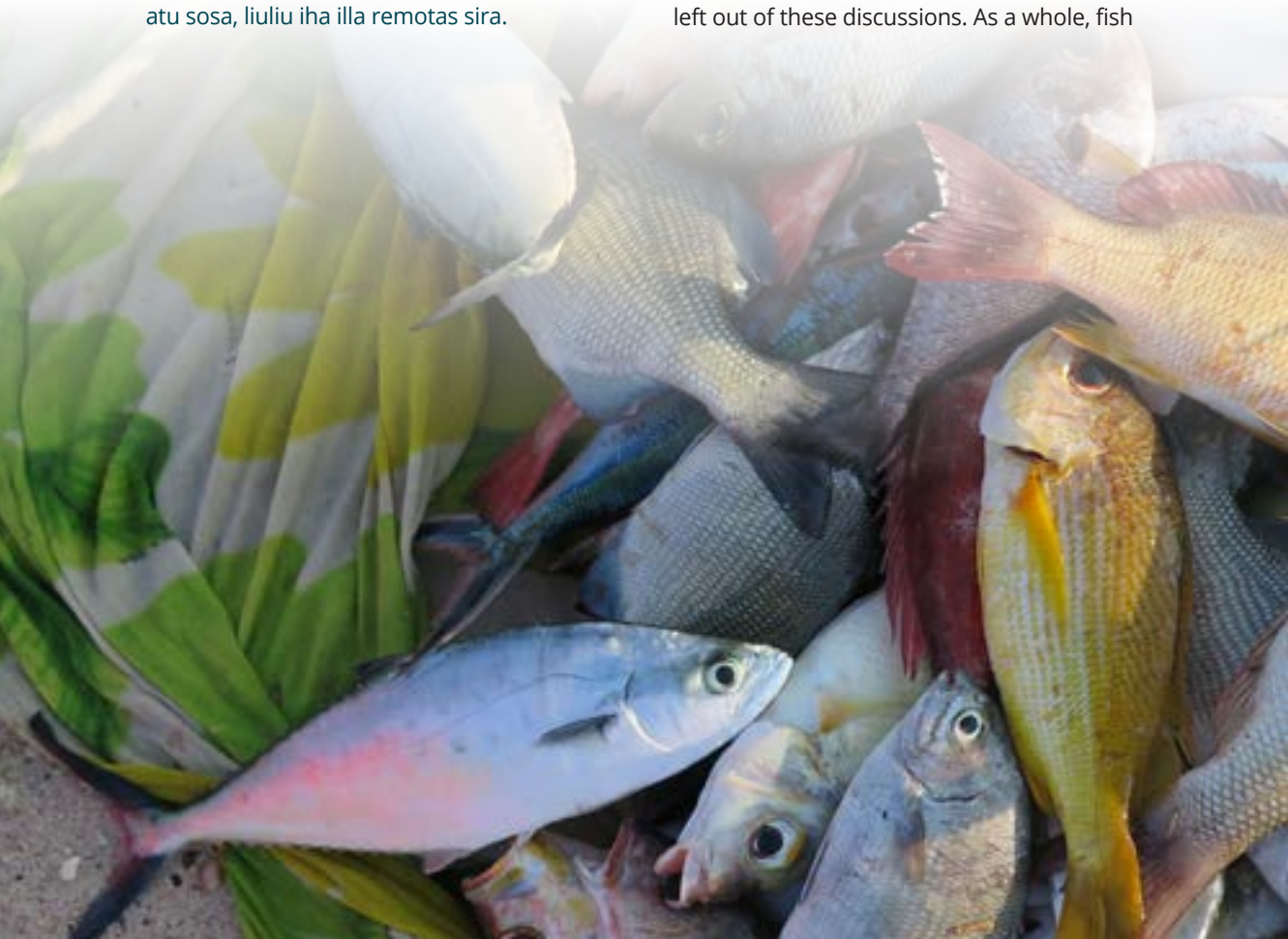
Fish are sold in coastal villages on the roadside to passing travellers or taken from house to house on foot or by bicycle. Larger catches are transported to town centres and district capitals, including inland areas,

no mós ho mangko ou balde. Ikan barak liu fa'an matak de'it, maibé ikan balun tenki tunu no balun falun ho tali tahan mak tunu (halo saboko). Ikan restu baibain habai halo maran ba familia sira hodi konsumu ka fa'an. Vendedor balun uza jelu hodi ba fa'an no rai ikan, maibé iha fatin rural barak, difisil tebes asesu ba jelu tanba menus jeleira no eletrisidade.

Ikan no hahan tasi sira nian nutriende tebes – riku ho mikronutriende no proteína ne'ebe mak importante ba labarik sira nia dezvoltimentu no ba saúde hotu-hotu. Ho benefisiu sira ne'e importante tebes, liuliu número malnutrisaun ne'ebe mak nafatin aas iha Timor-Leste. Mesmu iha esforsu substansial ne'ebe halo daudaun atu hadia nutrisaun iha Timor Leste, ikan no hahan tasi dala barak ignora iha diskusaun sira ne'e. Maioria konsumu ikan iha Timor-Leste sei menus kompara ho nasaun vizinu sira. Mezmu ema Timor oan barak gosta han ikan, maibé dala ruma karun no laiha ikan atu sosa, liuliu iha illa remotas sira.

usually by motorbike and sometimes small truck. Large fish are sold individually, while small fish are sold in carefully arranged piles on market tables, in bundles tied up through the eyes, in palm-leaf wreaths threaded through the gills, or by bowl or bucket. Most fish are sold fresh, but some are grilled (*ikan tunu*) or baked in palm leaves (*ikan saboko*). Surplus fish are often dried for family consumption or sale. Ice is used for transport and storage by some traders, but in many rural areas, access to ice is difficult due to lack of freezers or electricity.

Fish and other seafood are highly nutritious – they are high in micronutrients and protein essential for children's growth and development, as well as general health. These benefits are particularly important in Timor-Leste where rates of undernutrition are still very high. While there are substantial efforts being carried out to improve nutrition in Timor-Leste, fish and seafood are often left out of these discussions. As a whole, fish





Akikultura bele ajuda no prienxe lakuna ida ne'e entre demanda no distribuisaun, liuliu ba área sira ne'ebe mak dook husi tasi, ne'ebe sei difikulta atu sosa ikan fresku husi tasi. Liuhsos atividade hakiak ikan hanesan ikan nila ne'ebe mak bo'ot lalais, sai hanesan industria ne'ebe dezenvolve daudaun ona iha Timor-Leste. Ho hadia asesu ba iha fini ikan oan ne'ebe bo'ot lalais, uma kain barak mak hola parte iha atividade hakiak ikan ne'e, tanba bele hetan rendimentu iha uma laran no mós konsumu ikan loroloron.

Hanesan nasaun ne'ebe sei dezenvolve hela no riku soin uma kain aumenta, ema nia konsiénsia di'ak liu tan ba iha benefísiu nutritivu husi han ikan tanba ikan barak mak sei iha liuhosi distribuisaun ne'ebe di'ak liu no produsaun ne'ebe aumenta, espera katak ema Timor barak mak sei hili atu konsumi ikan no hahan tasi di'ak liu. Ida ne'e la'os de'it ba hadi'ak saúde no nutrisaun, maibé mós apoiu no haforsa vida moris peskadór sira nian, liuhosi atividade fa'an ikan no hakiak ikan iha ita nia rain/nasaun ida ne'e.

consumption in Timor-Leste is low compared with neighbouring countries. While Timorese people generally like eating fish, it can be expensive for families to buy and is often unavailable, particularly in inland rural areas.

Aquaculture can assist to fill this gap between demand and supply, particularly in areas far away from the coast where it can be difficult to buy fresh fish from the sea. Farming fish, such as fast-growing tilapia, is a developing industry in Timor-Leste. With improved access to fingerlings, more households are taking up fish farming activities, increasing both family fish consumption and income.

As the country develops and household wealth increases, as people become more aware of the nutritional benefits of eating fish and as more fish are available through improved supply chains and increased production, it is hoped that more Timorese people will choose to regularly consume fish and other seafood. This will not only improve health and nutrition, but also support and strengthen the livelihoods of the many fisher, fish trader and fish farmer households around the country.



# Mapa kona-ba fatin istoria sira



# Map of story locations



## Nota esplicasaun

### Ingrediente sira no sasukat sira

Ingrediente fresku sira husi merkadu mak hanesan ikan, aimanas no liis mutin ne'ebe mai ho tipu gostu la hanesan.

Reseita sira iha livru ida ne'e hanesan experimta mata dalan ida kona-ba montante oinsá atu uza grama, kopu, ka liman, possibilidade hanesan sasukat ida hodi hatene ninia todan ka kaman/barak ka utoan. Dala ruma iha tempu balun, iha neseariu ba halo ajustamentu ba iha ingrediente sira ne'ebe ita ka'er iha liman.

Reseita balun dala barak uza liis mutin oiain ne'ebe ita hetan husi to'os ka merkadu sira; liis mean lokál atu hanesan ho liis mean kí'ik (husi loja). Iha tipu aimanas oiain, reseita balun uza aimanas kí'ik no balun uza aimanas bo'ot, enkuandu iha balun la iha eskolla, maibé husik ba ema ida-idak iha ninia hakarak rasik.

## Explanatory notes

### Ingredients and measures

Fresh ingredients from the market, such as fish, chillies and garlic, come in different varieties, sizes and intensities of flavour.

The recipes in this book try to provide a guide on the amount used in grams, cups, approximate finger length or a relative measure, such as small or large, where possible. At times, it may be necessary to make some adjustments based on the ingredients you have at hand.

Some recipes use a small garlic variety often found in Timorese gardens and markets. Red shallots, similar to very small red onions, are also a common feature. And there are many types of chillies – some recipes call for a small, hot variety, some use a larger, milder kind, while others do not specify, leaving it up to your personal preference.



## Kuantidade nutriente sira ba kada porsi

Reseita ida-idak iha estimasaun enerjia, proteína, bokur, karbohidratu, fibra dietética, kalsium, ferru, zinku no vitamina A, oferece husi kada porsi (porsaun) hahan ne'ebe te'in, ho kada porsi etu sekarak persija/rekere ba. (Modo sira seluk ne'ebe sujere mak la inklui ba kalkulasaun nutrisaun.) Persentajen husi enerjia nutriente loroloron nian liuhosi han aihan porsaun ida ho ninia indikasaun de'it, tanba rekizitus nutriente iha mudansa tuir grupu ema nian ne'ebe ho diferente.

Kada reseita deskreve mós intermus ninia konteúdu ho aihan Proteína, aihan Mikronutriente ka aihan Enerjia – tuir aihan grupu tolu ne'ebe rekomena iha Timor-Leste tuir manúal baziku husi Ministériu Saúde nian kona-ba dieta aihan loroloron nian.

Atu hatene detallu liu tan kona-ba kalkulasaun sira bele haree iha pájina rohan husi livru ne'e (haree 'Informasaun nutrisaun nian' iha pájina 122–123).

## Nutrient delivery per recommended portion size

For each recipe, the estimated energy, protein, fat, carbohydrate, dietary fibre, calcium, iron, zinc and vitamin A are presented per portion of the cooked dish, with a portion of cooked rice where specified. (Other serving suggestions, such as vegetable side dishes, are not included in nutritional calculations.) The percentage of daily energy and nutrient requirements met by eating one portion is provided as an approximation only, as different groups of people have different nutrient requirements.

Each recipe is also described in terms of containing Protein, Micronutrient and/or Energy foods – the three food groups recommended in Timor-Leste's food-based dietary guidelines to be eaten daily for a healthy diet.

Further details on calculations are provided at the end of the book (see 'Nutritional information' on pages 122–123).



Proteína  
Protein



Mikronutriente  
Micronutrient



Enerjia  
Energy



### Naran fatin sira


Naran fatin sira ne'ebe uza ba istória ida-idak (hanesan hatudu iha mapa) maka aldeia ou suco ou naran fatin baibain. Tí'tulu istória ida-idak nian fó naran kumpletu hanesan suco – posto – munísipiu.

### Place names

Place names used in the stories (and shown on the map) are either hamlets, villages or other commonly used names. The 'header' of each story provides the complete location name in terms of village (*suco*) – administrative post – municipality.

*Suco Aidaba-leten - Atabae - Bobonaro*





## Kombinasaun temperus lokál ho abilidade foun atu kria oportunidade negósiu ba fetu sira

Uma kain maiória iha comunidade aldeia Beacou, munísipiu Bobonaro, sustenta sira nia moris husi tasi. Baibain mane sira ho ró ba tau redi no kail ikan iha tasi, fetu sira ba meti wainhira tasi maran, no iha loron balun sira te'in masin. Familia balun iha mós aktividade vida moris seluk mak hanesan halo to'os no hakiak animal.

Peskas iha Beacou hala'o hela de'it kuaze fulafulan iha tinan ida nia laran, maibé tipu ba ikan ne'ebe ka'er depende tuir nia tempu. Ikan sardina mak barak liu iha tempu udan, wainhira bee merak husi mota Loes suli to'o tasi. Ikan sardina mosu iha bee merak hodi buka hahán no subar husi ikan bo'ot, depois lakon fali iha tempu bailoro, kuandu bee husi mota sai moos fali. Peskadór sira iha Beacou bá buka ikan sardina ho sira nia ró ho distánsia maizumenus kilométru 10, besik iha mota Loes. Tempu di'ak viajen dala ida sira bele ka'er ikan sardina to'o ró nakonu. Sai husi tasi, ikan sardina ne'e fa'an ba papalele (vendedór ikan) sira no inan-feton sira ne'ebe mak fa'an ikan fresku iha dalan ninin, ka lori ba merkadu iha Dili ka lori ba foho hanesan Maliana no Ermera – maibé ikan balun sempre rai hela ba familia no viziñu sira.

Tinan hirak liu ba fetu sira iha Beacou aprende oinsá atu halo produktu foun rua husi hahán lokál: ikan sardina ho mina azeite iha

## Combining local ingredients with new skills to create business opportunities for women

Most households in the small coastal community of Beacou, Bobonaro municipality, earn their living from the sea. Men go out fishing by boat, while women look for fish, crabs and seaweed at low tide, and some days make salt. Some families also have other livelihoods, such as growing vegetables and farming animals.

Fishing in Beacou occurs in most months of the year, but the type of fish caught depends on the season. Sardines are most abundant in the wet season, when turbid water from the Loes River extends far out to sea. Schools of fish come to the river plume to feed and hide from larger fish, then leave in the dry season when the river water flows clear again. Fishers from Beacou travel around 10 kilometres in their motorised outrigger canoes to catch sardines near the river. A good catch can fill the whole canoe. Back on shore, sardines are sold to waiting traders who sell the fresh fish at roadside stalls, or take them to markets in Dili or inland Maliana and Ermera – but some fish are always kept aside and taken home for family and neighbours.

A few years ago, women in Beacou learnt how to make two new food products from mostly local ingredients: bottled sardines in olive oil; and a nutritious fish powder.

botir, no ikan uut nutritivu. Albina Tavares, Olinda Lagur no sira nia kolega seluk kontenti tebes atu aprende oinsá halo kombinasaun ho rekursu sira ne'ebe mak mai husi tasi no to'os. Ida ne'e mós d'ak tanba feto sira bele sosa ikan iha tempu ne'ebe ikan barak los ho folin baratu, no fa'an fali sira nia produtu iha tempu tuir mai.

Maibé hahú ho grupu negósiu ki'ik iha komunidadé sira ne'ebe iha área rural la'os buat ne'ebe fasil. Ezemplu: ingrediente balun hanesan mina azeite fa'an de'it iha Dili no karun. Feto sira koko ona uza mina nuu, maibé infelizmente sardina nia sabór la dura. Nune'e agora grupu ida ne'e decide halo de'it ikan uut tanba fasil liu no la gasta osan ka la gasta tempu barak. Ho asisténsia husi WorldFish Timor-Leste, feto sira hahú fa'an sira nia produtu iha supermerkadu iha Dili no sei buka hela dalan seluk bele hanesan iha ospítal ka fa'an ba programa merenda eskolar.

Albina Tavares, Olinda Lagur and other friends were excited to learn how they could combine resources from the ocean and their gardens. It also meant the fish could be bought when it was abundant and cheap, and sold over a longer period.

But setting up a small business from scratch in a rural community is not easy. Some ingredients, like olive oil, are expensive and only sold in Dili. The women experimented with locally produced coconut oil, but unfortunately it was not successful in maintaining the flavour of the sardines. One group has now decided to focus its efforts on the nutritious fish powder as it is easier and cheaper to make. With assistance from WorldFish Timor-Leste, the group has started to sell its product in supermarkets in Dili and is looking for other markets, possibly at the local hospital or school morning tea program.







# Reseita: *Feto Beacou sira nia sardina azeite iha botir*

Reseita ida ne'e hanesan dalam ne'ebe di'ak tebes atu halo sardina bele dura liu. Sosa sardina wainhira ikan barak no baratu, no kontinua atu aproveita han to'o tempu ramata.

Reseita ida ne'e koko ona no adapta husi feto sira iha Beacou. Sardina botir bele halo husi ingrediente oioin ho gustu ne'ebe la hanesan.

## **Prodúz botir 4 (mililitru 250)**

## **Ingrediente sira**

Sardina fresku	32 (maizumenus ikan 8 kada botir)
Masin	kopu ½ (maizumenus grama 150)
Bee	kopu 4 (litru 1)
Aimanas naruk	fuan 8
Liis mean	ulun 4, nato'on
Liis mutin	isin 8
Mina azeite	kopu 3 (mililitru 750) (maizumenus)
Pimenta musan	kanuru xá 2
Louru tahan	4

## **Maneira atu te'in**

1. Prepara ikan sardina: ko'a sai sardina ulun no ikun (la uza iha reseita ida ne'e), no hasai nia laran no fase moos. Tau masin ba iha bee halo nabeen. Hoban ikan ho bee masin durante minutu 15 ka to'o oras ida.
2. Steriliza botir 4 ho matan: kukus botir mamuk doku tun minutu 15 no botir matan doku tun minutu 5 (ketaketak).
3. Fase aimanas no hasai aimanas kain sira, Hamoos liis mean, liis mutin. Liis mean isin ida: ko'a halo ki'ik ba parte 4.
4. Hasai sardina ne'ebe hoban ona husi bee masin no hamaran ho tisu han ka hena moos.
5. Hamanas mina azeite iha taxu bo'ot ho kle'an 2 cm (nato'on para nalihun iha sardina leten). Wainhira mina manas ona, tau sardina ida-ida (labele hada husi leten) to'o torado. Wainhira tasak ona, hasai sardina no tau iha bandeza ne'ebe nahe ona ho tisu ka hena bikan moos. Se taxu ki'ik liu fahe tiha sardina no sona ketaketak (maibe la persiza troka mina foun).
6. Sona liu liis mean, liis mutin, aimanas no pimenta musan iha taxu moos no mina azeite moos kanuru han isin 2, to'o mamar no morin sai.
7. Enxe botir moos ho sardina no aimanas tempru. Uza kesak ka ai habiit ki'ik atu evita kontaminasaun husi liman.
8. Aumenta louru tahan moos 1 ba iha kada botir.
9. Fui tan mina azeite moos iha kada botir to'o taka sardina no temperus sira ne'ebe enxe ona iha botir laran no dulas taka metin.
10. Hatuur botir ne'ebe enxe ona ho sardina ba iha fatin kukus bo'ot, no kukus durante minutu 15 atu asegura botir matan taka metin no preserva ikan sardina ho durasaun naruk.

## Recipe: *Beacou women's sardines bottled in olive oil*

This recipe is a great way to make the sardine season last longer. Buy sardines when they are abundant and cheap, and continue to enjoy them after the season is over.

This recipe has been trialled and adapted by women in Beacou. Different ingredients could be explored for varied flavours.

**Makes 4 jars (250 mL each)**

### Ingredients

32 (approx. 8 fish per jar)	fresh sardines
½ cup (approx. 150 g)	salt
4 cups (1 L)	water
8 medium-size	chillies
4 medium	red onions
8 cloves	garlic
3 cups (750 mL) (approx.)	olive oil
2 teaspoons	peppercorns
4	bay leaves

### Method

1. Prepare the sardines: scale, gut, cut off heads and tails (not used in this recipe) and wash. Dissolve the salt in the water. Soak the sardines in the salty water for 15 minutes to 1 hour.
2. Sterilise 4 jars with lids: steam the empty jars upside-down in a large saucepan over boiling water for 15 minutes; steam the lids separately for 5 minutes.
3. Wash the chillies and remove the stalks. Peel the onions and garlic. Cut the onions into quarters.
4. Remove the sardines from the salty water and dry with paper towel or a clean cloth.
5. Heat approximately 2 cm of olive oil in a large frying pan or wok (just enough to cover one layer of sardines). When the oil is hot, add a single layer of sardines to the pan and fry until crispy. Once cooked, remove the sardines and put aside on clean paper towel or cloth. Fry the sardines in batches (the same oil can be used each time).
6. In a clean frying pan, lightly fry the whole chillies, onions, garlic and peppercorns in 2 tablespoons of new olive oil until slightly softened and fragrant.
7. Pack each sterilised jar with the sardines and the chilli mixture. Use chopsticks or small tongs to avoid contamination from fingers.
8. Add 1 clean bay leaf to each jar.
9. Fill the packed jars with new olive oil to cover the sardines and tightly screw on each lid.
10. Place the filled jars in a large steamer and steam for 15 minutes to seal the jars and increase the shelf life of the sardines.

**Merenda** Porsi 1: sardina 2  
**Snack** 1 portion: 2 sardines



	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietétika Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	714 kJ	10 g	13 g	3 g	1 g	56 mg	1 mg	1 mg	7 µg
% konsumi loroloron % daily intake	8	21	19	1	4	7	10	7	1



# Reseita: *Ikan uut nutritivu no gostu*

Reseita nutritivu ikan uut ne'ebe halo husi ikan, boek no marungi tahan ne'ebe nakonu ho proteína, vitamina no mineral ne'ebe importante ba saúde no nutrisaun. Ida ne'e bele uza atu aumenta tan gostu (no nutriente sira) iha sasoro, modo tasak, sopa no modo seluk tan.

**Halo grama 420 hetan falun 14 (grama 30 kada falun)**

## Ingrediente sira

Boek fresku	grama 540
Ikan fresku (ikan tongkol)	ulun 2, kada ikan ho todan grama 350 (grama 700)
Kuantidade ikan fresku uza hodi hetan ikan uut grama 100 parese la hanesan ba ikan oin seluk.	
Marungi tahan maran	grama 50
Lena musan	grama 100
Liis mean (lokál)	ulun 4
Liis mutin (liis bo'ot/loja)	isin 2
Aimanas bo'ot	fuan 2
Mina	kanuru han 2
Masin midar	kanuru han ½
Masin	kanuru han ½

## Maneira atu te'in

1. Hamoos no da'an boek durante minutu 5. Tau boek da'an iha bandeja, habai iha loro durante loron ida ka to'o maran los.
2. Tunu ikan la ho temperus, bainhira tasak hasai nia ruin no kulit, halekar ikan isin ho garfu halo ki'ik. Tau iha bandeja depois habai maizumenus oras 1 ka to'o la bokon ka la belit ona. (habai to'o maran labele halo belit)
3. Blender marungi tahan maran to'o uut.
4. Sona lena musan (labele uza mina) to'o kinur no nia morin sai. He'in to'o malirin oituan depois blender to'o uut.
5. Tetu boek maran ho grama 100 no blender to'o uut.
6. Tetu ikan isin ne'ebe tunu maran ona ho grama 100, depois blender to'o uut.
7. Hamoos liis mean, liis mutin, no aimanas depois tetak halo ki'ik los.
8. Hamanas mina iha taxu laran depois tau liis mutin, liis mean no aimanas to'o morin sai.
9. Kontinua hamenus ahi halo ki'ik, aumenta marungi uut no kedok ho di'ak. Depois tau boek uut, lena uut no ikan uut, kedok ingrediente sira hotu to'o sai ida de'it.
10. Tau masin midar no masin. Depois kedok liu ingrediente hotu antes hasai.
11. Suru iha bandeja laran he'in to'o malirin.
12. Enxe ikan uut iha plastik falun atu fa'an ka rai ikan uut iha fatin ne'ebe maran (hanesan toplen) no taka metin.

## Recipe: *Nutritious and delicious fish powder*

This recipe for nutritious fish powder is made from fish, shrimp and moringa leaves, which are full of protein, vitamins and minerals important for health and nutrition. It can be used to add flavour (and nutrients) to *sasoro* (Timorese rice porridge), vegetables, soups and other dishes.

**Makes 420 g (or 14 packets of 30 g each)**

### Ingredients

540 g	fresh shrimp (small variety)
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2 fish, 350 g each (700 g in total)	fresh fish (mackerel tuna or bullet tuna)
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The quantity of fresh fish required to make 100 g of powder may vary for other types of fish.

50 g	dried moringa leaves
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100 g	sesame seeds
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4	red shallots
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2 large cloves	garlic
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2 large	chillies (mild heat) or capsicum
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2 tablespoons	cooking oil
---------------	-------------

½ tablespoon	sugar
--------------	-------

½ tablespoon	salt
--------------	------

### Method

1. Wash the shrimp and cook in boiling water for 5 minutes. Place the shrimp on a tray in the sun for approximately 1 day or until completely dry.
2. Grill the fish without any oil or seasoning. Once cooked, remove bones and skin, and break into small pieces with a fork. Place on a tray in the sun for about 1 hour or until no longer moist or sticky.
3. Blend the dried moringa leaves to a powder.
4. Toast the sesame seeds in a frying pan (without oil) until lightly coloured and aromatic. Cool, then blend to a powder.
5. Weigh 100 g of dried shrimp and blend to a powder.
6. Weigh 100 g of grilled fish pieces and blend to a powder.
7. Peel/wash the shallots, garlic and chillies, then finely chop.
8. Heat the oil in a wok, add the chopped ingredients and lightly fry until aromatic.
9. Keeping the wok over a low heat, add the moringa powder and stir well. Then add the shrimp powder, sesame seed powder and fish powder, stirring well between each addition.
10. Add the sugar and salt, then stir all ingredients together until well mixed.
11. Scoop mixture onto a wide tray and allow to cool.
12. Scoop the nutritious powder into small plastic bags (for sale) or store in a dry, well-sealed container.

**Temperus  
Condiment**

Porsi 1: kanuru han 1 (grama 10)  
1 portion: 1 tablespoon (10 g)



	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietétika Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	227 kJ	6 g	3 g	1 g	1 g	58 mg	1 mg	<1 mg	41 µg
% konsumi loroloron % daily intake	3	11	4	<1	3	7	11	4	5



*Suco Rairobo - Atabae - Bobonaro*







## Hetan osan dollar liuhosi bosok boek ho botir plastik

### ‘Boek-boek-boek-boek!’

Lian sira hanesan ne’e mak ita rona wainhira halo viajen liuhosi Ponte Loes – inan feton no labarik sira hakilar atu atrai no hapara kareta no motór sira hodi sosa sira nia boek fresku.

Mota Loes hanesan baliza entre Munisípiu Liquiça no Bobonaro. Nia parte husi mota kí’ik balun iha Timor-Leste ne’ebe suli hela de’it durante tinan tomak hodi fornese bee irigasaun ba natar no suporta mós setór importante peskas inklui boek bee moos nian.

Iha tempu beiala sira kedas, ema Timor oan sira hatene ona oinsá atu ka’er boek no han boek. Uluk, sira ka’er boek atu han no mós hanesan sasán ne’ebe sira uza hodi troka fali ho sasan seluk (*barter*). Iha tempu ne’eba sira uza ekipamentus ne’ebe sira halo ho liman husi material lokál sira. Tempu udan, wainhira bee merak suli husi foho leten, feto sira kaer boek uza nere no mane sira ba tiha uza dai iha mota ninin, no iha bailoro sira lamas de’it iha fatuk okos tanba bee moos.

Boek hanesan rekursu importante ida ba rendimentu uma kain ruanulu resin ne’ebe agora hela besik iha mota Loes. Mezmu métodu tradisional mós dala ruma sei uza, maibé ema barak liu mak agora ka’er boek ho uza lasu botir plastik. Lasu ida ne’e sei halo husi botir plastik ne’ebe ko’a fahe ba rua. Feto balun iha botir lasu ne’e bele 100 ka to’o iha 200.

## Making money by tricking shrimp with plastic bottles

### ‘Boek-boek-boek-boek!’

This is the sound you hear when you travel across the Loes River bridge – women and children calling out to passing cars and motorbikes to stop and buy their freshly caught shrimp or *boek* in Tetun.

The Loes River forms the border between Liquiça and Bobonaro municipalities. It is one of the few rivers in Timor-Leste that flows all year round, providing rice-field irrigation and supporting important fisheries, including freshwater shrimp.

Timorese people have known how to catch and eat shrimp since before the time of our great-grandparents. In the past, shrimp were caught for food or barter, using hand-woven equipment made from local materials. In the wet season, when the river water was brown with sediment from the mountains, women scooped up shrimp in handheld nets (*nere*) and men threw cast nets (*dai*) in the shallows. In the dry season, people just used their hands, feeling around underneath rocks in the clear water.

Shrimp are an important source of income for the 20 or so households that now live on the banks of the Loes River. While traditional methods are still sometimes used, most people use plastic bottle traps to catch shrimp. These traps are made from two cut-off water bottles with one put inside the other. Some women have 100 or 200 of these bottle traps.

Ana Juvita mak feto ida ne'ebe kaer boek, ho idade 38 hela besik iha área mota Loes ho oan hamutuk na'in hitu. Nia dala barak iha meudia la'o tun ba mota atu monta ninia lasu. Nia hateten katak métodu ida ne'e fasil atu aplika no la gasta tempu barak. Hatuur botir lasu ne'ebe enxe ona hahán (nuu sos no batar uut sona maran, ne'ebe boek gosta han) no hanehan ho fatuk atu bee labele lori. Hahán ne'ebe mak tau iha botir lasu laran atrai tebes boek sira – wainhira boek tama ona iha laran sira haksoit sai la dí'ak!

Iha dadersan tuir mai, tempu atu hasa'i boek husi botir lasu ba iha bote, depois hili balun lori ba fa'an iha estrada no ponte leten, balun uza ba te'in modo uma laran nian.

Osan ne'ebe hetan husi boek uza ba nesesidade uma laran nian hanesan; sosa hahán, ajuda oan sira nia eskola, no bele uza ba eventu kultural ruma (fetosan-umane). Dala ruma ema ida bele hetan osan husi \$15 to'o \$20 kada loron. Maibé hanesan feto sira hateten, 'Moris halai tuir roda kareta no motór ne'ebe hakat liuhosi ponte Loes'.

Ana Juvita is one of the women who catch shrimp. She is 38 years old and lives nearby with her seven children. Most afternoons, she goes down to the river to set her traps. She says the bottle traps make catching shrimp easy and saves time. She puts a spoonful of fried corn and coconut – which the shrimp love to eat – into the trap. She then places the trap in the river and holds it down with rocks so it does not float away. The shrimp are attracted to the food – but once inside, they can't escape!

Early next morning, it is time to go back to the river and remove the shrimp from the bottle traps. Some shrimp are taken home for the family, but most are sold by the side of the road.

Income from the shrimp is used for household food and other necessities, children's education and as contributions to cultural events. Sometimes one person can earn up to US\$15–20 a day. But as the women say, 'Life rolls along following the pattern of cars and motorbikes across the bridge'.





## Reseita: *Boek kari*

Boek bele te'in ho meius oioin.  
Reseita ba boek kari gostu ne'e  
mai husi mana Mariana husi  
Restaurante Marlelo Beach iha Dili.

**Servi ba 4**

### Ingrediente sira

Brinjela	fuan 1, nato'on
Masin	kanuru xá 1½
Mina	kanuru han 2
Boek	bandeiza nato'on 1 (grama 400)
Liis mutin	isin 1
Nuu been (santan)	mililitru 100
Bee	kopu 1
Kari uut	kanuru han ½-1
Pimenta	kanuru xá ½
Salsa tahan	hun 1

### Maneira atu te'in

1. Hamoos no ko'a brinjela halo kabuar, kahur ho masin, maizumenus kanuru xá isin 1.
2. Hamanas mina kanuru han 1½ iha taxu laran, sona liu brinjela no tau iha bikan laran.
3. Hamoos no ko'a boek nia sanak sira.
4. Hamoos no tuku rahun liis mutin.
5. Hamanas mina (kanuru han sorin) iha taxu laran no sona liu liis mutin ne'ebe de'ut rahun ona.
6. Hatuun nuu been ba taxu depois aumenta ho bee kopu ida kedok to'o nakali. (Se kantal liu, bele aumenta tan bee.)
7. Hatuun kari uut depois kedok.
8. Hatuun boek no te'in to'o minutu 2-4.
9. Kahur brinjela ne'ebe sona tiha ona hamutuk ho boek.
10. Aumenta pimenta no masin kanuru xá ½.
11. Hasai tau iha bandeja no infeita ho salsa tahan iha leten. Servida ho etu no modo.



# Recipe: *Shrimp curry*

Shrimp can be cooked in many different ways. This delicious recipe for shrimp curry comes from Mariana from Marlelo Beach Restaurant in Bebonuk, Dili.

**Serves 4**

## Ingredients

1 medium	eggplant
1½ teaspoons	salt
2 tablespoons	cooking oil
1 bowl (400 g)	shrimp (or prawns)
1 clove	garlic
100 mL	coconut milk
1 cup	water
½–1 tablespoon	curry powder
½ teaspoon	pepper
1 sprig	parsley

## Method

1. Wash the eggplant, then cut into cubes and sprinkle with 1 teaspoon of salt.
2. Heat 1½ tablespoons of oil in a frying pan, lightly fry the eggplant, then put aside on a plate.
3. Wash the shrimp and cut off legs (retain heads, tails and shells).
4. Peel and crush the garlic.
5. Heat ½ tablespoon of oil in a frying pan and lightly fry the garlic.
6. Add the coconut milk, then the water and stir until boiling. (If too thick, add a little more water.)
7. Add the curry powder and stir.
8. Add the shrimp to the coconut milk mixture and simmer for 2–4 minutes.
9. Stir the fried eggplant into the shrimp mixture.
10. Season with pepper and ½ teaspoon salt.
11. Dish onto a plate and decorate with parsley. Serve with rice and vegetables.

## Hahán kompleta Main meal

Porsi 1: reseita te'in ona ¼ + etu  
1 portion: ¼ cooked recipe + rice



	Energia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	2525 kJ	30 g	17 g	80 g	6 g	78 mg	6 mg	4 mg	7 µg
% konsumi loroloron % daily intake	29	59	24	26	20	10	48%	34	1

\*ho etu/with rice






*Suco Bebonuk - Dom Aleixo - Dili*







## Husi ai parapa kosta súl to’o iha travesa restaurante Dili – viajen husi kadiuk tahu nian

Hadomi hahán ne’ebe inspiradu tebes lori Danny Lee, ema ne’ebe moris iha Malaysia hodi loke ninia negósiu liuhosi Restaurante ho naran Ocean View iha kapitál, Dili, liu tinan 19 ona. Durante ne’e, restaurante ida ne’e oferese hahán tasi nian ne’ebe gostu tebes ba konsumidores sira, no sosa ikan fresku, kurita no kadiuk husi peskadór lokál sira.

Danny no ninia kaben Elly ko’alia bahasa Indonesia ho Tetun dí’ak los, no fasil ba sira atu halo negósiasaun ho peskadór sira oinsá mak bele simu produtu tasi nian ho kualidade fresku no presu ne’ebe justu (halo sira hotu kontenti). Hahán produtu tasi sira ne’e maiória mai husi tasi Dili hanesan Tibar, Ulmera, Hera, Metinaro no Atauro. Maibé husi ibun ba ibun informasaun pasa lalais to’o ba iha peskadór sira iha Welaluhu, Munísipiu Manufahi, iha Tasi Mane, Timor-Leste. Iha ne’eba peskadór sira ka’er kadiuk ne’ebe ho moris no kuidadu, transporta liuhosi bis ka motór mai Dili. Restaurante koko atu enkoraja peskadór sira ho prátika ne’ebe sustentabilidade atu lori de’it kadiuk ho metade todan minimu grama 400. Maibé dala ruma peskadór nafatin lori kadiuk ne’ebe kí’ik liuhosi tempu dahuluk (karik ba peskadór sira ne’ebe mai husi dook) sira nafatin sosa maibé depois sosa sira bá hamutuk husik filafali kadiuk sira ne’ebe sei kí’ik ba iha tasi laran.

## From south coast mangroves to a Dili restaurant platter – the journey of a mud crab

A love of food inspired Malaysia-born Danny Lee to open Ocean View Restaurant in the capital, Dili, 19 years ago. Since then, the restaurant has served delicious seafood to its customers, sourcing its fresh fish, octopus and mud crabs from local fishers.

Danny and his wife, Elly, speak fluent Bahasa Indonesia and Tetun so can easily communicate and negotiate with fishers to purchase seafood at a fair price. Most seafood products are sourced from coastal fisheries around Dili, such as Tibar, Ulmera, Hera, Metinaro and Atauro. However, word has spread as far as the community of Welaluhu, Manufahi municipality, on the south coast of Timor-Leste. There, fishers catch mud crabs which they carefully transport live to Dili by motorbike or bus.

The restaurant tries to encourage sustainable harvesting practices by asking fishers to only bring crabs that have a minimum weight of 400 grams. Occasionally fishers bring smaller crabs which the restaurant still buys the first time (if the fisher has travelled from afar) but then they go together to release the crabs back into the sea.

The mud crabs are kept alive in a tank at the restaurant until they are ordered by a customer. Then Elly and her small team of

Kadiuk hirak ne'e tau moris iha tanki iha restaurante to'o tempu ne'ebe mak konsumudór sira hameno. Depois, Elly ho ninia ekipa ki'ik dapur nian ho matenek hamate, hamoos no te'in kadiuk tuir gostu kada ema ne'ebe hameno. Ema barak gosta modo kadiuk husi Restaurante Ocean View, liuliu ema Xina, nomós Timor oan no bainaka sira seluk.

kitchen hands skillfully kill, clean and cook the crabs to order. Mud crab dishes at Ocean View Restaurant are particularly popular with Chinese customers but are also enjoyed by Timorese and other guests.



# Reseita: *Elly nia kadiuk ho saus Padang*

Reseita furak ida ne'e fahe husi Mana Elly husi Restaurante Ocean View. Nia servi modo ida ne'e hamutuk ho etu no modo fila hanesan fore mungu moris (toge, lian Indonesia).

**Servi ba 4**

## Ingrediente sira

Kadiuk tahu, tomak, nato'on	2 (grama 450 kada kadiuk)
Terigu	grama 100 (maizumenus kopu $\frac{2}{3}$ )
Masin	kanuru xá $\frac{1}{2}$
Mina	mililitru 250 (kopu 1) + kanuru han 3
Aimanas bo'ot	fuan 3
Aimanas ki'ik	fuan 2
Liis mutin	isin 2
Liis mean	ulun 3, nato'on
Kamii	fuan 1
Ailia	isin rohan 1 cm
Kinur	isin rohan 1 cm
Salsa tahan	kain 1
Liis tahan	hun 1
Manutolun	fuan 1
Derok tahan	tahan 1
Saus tomat	kanuru han 3
Saus sambal	kanuru han 2
Bee	mililitru 100 (maizumenus kopu $\frac{1}{2}$ )
Pimenta	kanuru xá $\frac{1}{4}$
Masin midar	kanuru xá $\frac{1}{4}$

## Maneira atu te'in

1. Oho kadiuk ho meius fera lalais ba parte rua (liuhosi parte okos ne'ebe mamar) ka bele hatama tudik liuhosi nia kakutak (parte okos, fera iha klaran entre matan sorin-sorin). Ba dahuluk fasil liu tau kadiuk iha jeleira ka jelu masin been durante minutu 20–40 ka to'o la book aan ona.
2. Fase no kose moos kadiuk kulit, hasai nia sanak no fase liu tiha fo'er sira. Depois hasai nia kulit mahar no liman bo'ot rua husi kadiuk isin, tau hamutuk ho nia isin ne'ebe fera ona ba rua.
3. Kahur kadiuk ho masin no terigu. Sona ho mina ho kuantidade maizumenus kopu ida durante minutu 10–15. Hasai tau iha nia fatin.
4. Hamoos no fase temperus: aimanas, liis mutin, liis mean, kamii, ailia, kinur blender hamutuk to'o dodok.
5. Hamoos ho didi'ak: salsa no liis tahan depois tetak ki'ik. Kedok manutolun ida iha manko.
6. Hamanas mina kanuru han isin 3 iha taxu kabuar, tau tan temperus ne'ebe blender ona, no sona to'o morin sai. Tau tan derok tahan, mollu tomate, mollu aimanas, no bee, kedok no hamanas to'o nakali. Aumenta tan pimenta no masin midar tuir ninia gostu.
7. Hatun kadiuk fila ba mai, tau tan salsa no liis tahan ne'ebe tetak ki'ik nomós manutolun ne'ebe kedok ona. Fila hamutuk depois hasai, prosesu ida ne'e lalais los no han minutu maizumenus minutu 2–3.
8. Foti sai tau iha travesa laran no servida hamutuk ho etu no modo toge.

## Recipe: *Elly's crab with Padang sauce*

This delicious recipe was shared by Elly from Ocean View Restaurant. She serves this dish with rice and lightly stir-fried vegetables, such as bean sprouts.

**Serves 4**

### Ingredients

2 whole, medium (around 450 g each)	mud crabs
100 g (approx. $\frac{2}{3}$ cup)	plain flour
$\frac{1}{2}$ teaspoon	salt
250 mL (1 cup) + extra 3 tablespoons	cooking oil
3 large	chillies
2 small	chillies
2 cloves	garlic
3 medium	red onions
1	candlenut
1 cm piece	ginger
1 cm piece	turmeric
1 large sprig	parsley
1	spring onion
1	egg
1	lime leaf
3 tablespoons	tomato sauce
2 tablespoons	sambal
100 mL (approx. $\frac{1}{2}$ cup)	water
$\frac{1}{4}$ teaspoon	pepper
$\frac{1}{4}$ teaspoon	sugar

### Method

1. Kill the crabs by swiftly cleaving in half (through the soft underside) or by inserting a knife through the nerve centres (on the underside, under tail flap and between the eyes). Preferably, first place the crabs in a freezer or saltwater ice slurry for 20–40 minutes, until unresponsive.
2. Wash and scrub the crabs all over. Discard the antennae and wash out any dirt. Prise off the main thick shell and separate the two large claws from the body. Chop the main body in half.
3. Coat the crab pieces with flour and sprinkle with salt. Fry in approximately 1 cup of hot oil for 10–15 minutes, then put aside on a plate.
4. Wash/peel the chillies, garlic, onions, candlenut, ginger and turmeric, and combine in a blender until smooth.
5. Wash and finely chop the parsley and spring onion, and lightly whisk the egg in a bowl.
6. Heat 3 tablespoons of oil in a large wok, add the blended ingredients and gently fry until fragrant. Add the lime leaf, tomato sauce, sambal and water, stir together and bring to a simmer. Add pepper and sugar according to taste.
7. Place the crab in the simmering sauce and stir, add the parsley, spring onion and egg, and gently stir together for 2–3 minutes.
8. Dish onto a plate. Serve with rice and lightly fried bean sprouts.

**Hahán kompleta**  
**Main meal**

Porsi 1: reseita te'in ona ¼ + etu  
1 portion: ¼ cooked recipe + rice



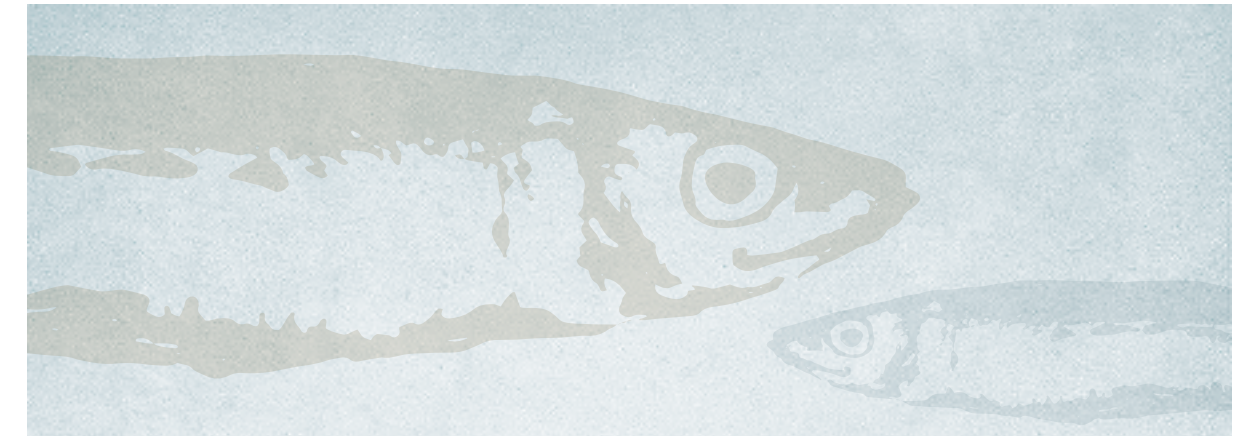
	Energia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	3794 kJ	20 g	40 g	112 g	8 g	91 mg	4 mg	4 mg	114 µg
% konsumi loroloron % daily intake	44	41	57	36	26	11	36	34	15

\*ho etu/with rice



*Suco Bebonuk - Dom Aleixo - Dili*





## Hahán tasi luxu husi restaurante simples ne'ebe iha tasi ninin

Kada loraik, wainhira loro-matan tun daudaun ona besik ba kalohan no nia manas komesa menus ba daudaun, tasi ibun iha Bebonuk mai ho aktividade moris nian, labarik sira bilin balan tun sa'e iha tasi ninin, duni kadiuk atu lori fila ho sira nia fatin botir plastik, joven mane sira halai ho pár, balun para hodi joga bola hamutuk iha tasi ibun kotuk, aman sira tuur hodi haree ki'ik oan sira halimar iha rai-henek, no inan sira kele hela bebe halibur hamutuk iha fatin mahon iha ai hun okos iha estrada ninin.

La dook husi tasi ibun, ho laloran ne'ebe mamar, peskadór sira ho bero ki'ik hean hale'u tasi ninin atu buka sinál sira kona-ba ikan hobur fatin, hasai sira nia redi tau ba tasi hodi he'in. Peskadór ida hean nia bero fila mai tasi ibun, vendedór ikan ho sira nia balde mosu husi baraka sira besik no la'o ba tasi ninin ho esperansa bo'ot katak iha ikan fresku butuk ida atu fa'an ba konsumidór sira ne'ebe hamlaha ona ba hahán kalan nian. Bero halai liuhosi laloran, dudu ba rai-henek no lakon husi ema barak nia halibur atu haree liu rezultadu husi peska nian.

Hari'i dook husi fatin ne'ebe rame, Restaurante Marlelo Beach ho meza no kadeira ne'ebe simples, sai fatin ne'ebe perfektu liu atu tuur ho serveja malirin ka jús fresku ruma no tau matan ba prosesu sira ne'e. Na'in ba restaurante no xefi koziñeira mak mana Mariana, ema ne'ebe ho

## Sumptuous seafood from a simple beachside restaurant

Every afternoon, as the sun dips closer towards the horizon and its blazing heat begins to soften, the beach in Bebonuk comes alive with activity. Gaggles of kids roam the shoreline, chasing crabs to take home in their cut-off plastic bottle containers. Young men jog along in pairs, some stopping to join a football game at the back of the beach. Fathers sit watching toddlers play in the sand; mothers with babies gather in the shade under the roadside trees.

Just offshore, in the gentle swell, fishers in small dugout canoes scan the surface for signs of schooling fish, put out their nets and wait. One fisher turns to shore and starts paddling back to the beach. Fish traders with buckets emerge from nearby huts and wander down to the water's edge hoping for a good pile of fresh fish to sell to hungry evening customers. The canoe glides through the waves, surfs onto the sand and disappears into a crowd of people gathered to inspect the catch.

Set back from the bustle, Marlelo Beach Restaurant, with its simple tables and chairs, is the perfect place to sit with a cold beer or fresh juice and observe the goings on. Restaurant owner and head chef is Mariana, who politely welcomes her guests then disappears into the kitchen to cook up delicious seafood dishes popular with Timorese and overseas visitors alike.



respeitu simu nia bainaka sira, depois lakon ba dapur atu te'in hahán tasi ne'ebe gostu ne'ebe ho koñesidu ba vizitante Timor oan no estrangeiru sira.

Mariana sosa ikan tipu oioin husi peskadór no vendedór lokál, depende ba ikan saida mak ka'er hetan. Ikan ne'ebe diferente uza ba menu diferente mós: sera (*tenggiri*) servi hanesan tunu ka ikan kari, ikan koku uza ba kukus ka da'an, maibé aguasál baibain halo ho ikan kamera/tangalara ka alu alu. Fo'in daudaun ne'e Mariana fahe nia reseita ne'e ho grupu feto sira husi Lautém, mai iha Dili atu tuir formasaun ho sira nia inspirasaun rasik ba sira nia restaurante foun ne'ebe foin hari'i iha Ililai.

Mariana buys various types of fish from the local fishers and traders, depending on what is caught. Different fish are used for different dishes: Spanish mackerel is served grilled with chips or as fish curry; pomfret and trevally are steamed or simmered; while fish soup is often made with snapper or barracuda. Mariana recently shared some of these recipes with a group of women from Lautém municipality, who came to Dili for training and inspiration for their own newly established beachside restaurant in Ililai.





## Reseita: *Ikan kukus Mariana nian*

Ha'u nia reseita favóritu ida ne'ebe te'in husi mana Mariana iha ninia restaurante tasi ibun Bebonuk, Dili, mak ikan kukus tomak – ho ninia gostu kór oioin husi ailia, aimanas bo'ot, no salsa ne'ebe ko'a mihi halo ikan aumenta gostu.

Reseita ida ne'e mak di'ak liu te'in ho ikan mutin tomak hanesan koku. Di'ak liu tan servida ho etu no modo tahan matak fila hanesan kankun.

### Servi ba 4

### Ingrediente sira

Ikan (hanesan koku)	ulun 1, nato'on, (maizumenus grama 660)
Bee	litru 1½ (nato'on para taka ikan)
Masin	kanuruw han 1
Ailia fresku	isin 1 (hanesan liman fuan)
Aimanas bo'ot	fuan 2 nato'on
Salsa	futun 1
Pimenta	kanuru xá ½
Mina	kanuru han 1
Saus ikan	kanuru xá ½
Mina lena	kanuru xá ½
Saus temperus (hanesan Maggi Sos Perasa, sutate ka Bragg's Liquid Aminos) (hanesan opsaun)	kanuru xá ½

### Maneira atu te'in

1. Hamoos no fase ikan, no ko'a halo kanek iha parte balun (hamenus tempu te'in).
2. Tau bee iha taxu, aumenta masin no da'an to'o nakali. Bee tenki nato'on de'it ba taka ikan.
3. Hatun ikan iha bee nakali no da'an durante minutu 10–15. Durante minutu ne'e nia laran bele fila ikan dala ida ka rua para bele tasak di'ak.
4. Hamoos no fase ailia, aimanas bo'ot no salsa tahan. Ko'a ailia no aimanas bo'ot naru-naruk, no salsa tahan ko'a ki'ik.
5. Hasai ikan husi taxu no tau iha bandeja. Tempra ikan ho ailia, aimanas no salsa ne'ebe ko'a ona, no mós pimenta.
6. Hamanas mina kanuru isin ida iha taxu ki'ik no fakar ba ikan ne'ebe tempra ona depois fakar tan mollu ikan, mina lena no saus perasa (karik hakarak).
7. Prontu ona atu servida ho etu no modo.

## Recipe: Mariana's poached fish

One of my favourite recipes cooked by Mariana in her beachside restaurant in Bebonuk, Dili, is whole poached fish – a tasty and colourful dish topped with finely sliced ginger, capsicum and parsley.

This recipe is best cooked with a whole, white-fleshed fish, like trevally. It goes well served with rice and a side dish of stir-fried leafy green vegetables, like kangkong (water spinach).

**Serves 4**

### Ingredients

1 whole, medium (approx. 660 g)	fish (such as trevally)
1½ L (or enough to just cover the fish)	water
1 tablespoon	salt
1 finger-length piece (approx. 6 cm)	ginger
2 medium	capsicums
1 small bunch	parsley
½ teaspoon	pepper
1 tablespoon	cooking oil
½ teaspoon	fish sauce
½ teaspoon	sesame oil
½ teaspoon	liquid seasoning (such as Maggi Seasoning, soy sauce or Bragg's Liquid Aminos) (optional)

### Method

1. Scale, gut and wash the fish. Cut part-way through the flesh in several places (to reduce cooking time).
2. Put water into a large frying pan or wok, add salt and bring to a gentle boil. The water should be enough to just cover the fish.
3. Place the fish in the pan and simmer for 10–15 minutes. Turn the fish once or twice to ensure both sides cook evenly.
4. Peel the ginger and wash the capsicums and parsley. Slice the ginger and capsicum into long narrow strips and roughly chop the parsley.
5. Remove the fish from the pan, place on a serving plate and scatter the ginger, capsicum, parsley and pepper over the top.
6. Heat the oil in a small pan. Pour the hot oil over the fish, followed by the fish sauce, sesame oil and liquid seasoning (if using).
7. Serve with rice and vegetables.



**Hahán kompleta**  
**Main meal**

Porsi 1: reseita te'in ona ¼ + etu  
1 portion: ¼ cooked recipe + rice



	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	2223 kJ	29 g	8 g	82 g	6 g	64 mg	4 mg	2 mg	172 µg
% konsumi loroloron % daily intake	26	58	11	27	19	8	36	17	23


\*ho etu/with rice





*Suco Beloi & Suco Biqueli - Atauro - Dili*





## Íkone hahán tasi illa Atauro nian

Bainhira ita temi vizita illa Atauro fila tenki lori ikan maran no budutasi, se la'e ema hanoin ita bá Ossu ka Baguia karik', dehan husi Alberto, turista lokál ne'ebe hela iha Baucau.

Alberto ho nia familia foin mai ho ró oras rua husi Dili to'o merkadu Beloi – baraka iha tasi ibun kotuk rame-rame hafutar ho ikan maran, kurita maran no budutasi fresku iha plastik bo'ot mean. Iha ne'e, feto Atauro sira mai kada loron Kinta no Sabadu lori sira nia sasán la'o ain hale'u illa husi sira nia hela fatin, la'o dala ruma to'o oras ha'at.

Paizajen illa Atauro iha foho, rai maran no fatuk. Bee midar uito'an de'it, no atu halo to'os susar iha tempu bailoro. Maibé Atauro iha nia riku soin tasi laran nian hanesan ikan no ahu ruin sira ho tipu no kor oiain. Mezmu turizmu no luku komesa dezenvolve ona, Atauro nia ema sira maiória sustenta moris liuhosi peskas, hakiak animal no halo to'os. Atividade peskas mak rekursu rendimentu (no aihan) importante ba ema Atauro oan sira, hodi sai koñesidu iha Timor laran tomak tanba liuhosi sira nia matenek nani ho exelente, luku no abilidade tiru ikan nian.

Tinan hirak liu ba peskadór sira husi comunidade Adara preokupa katak sira nia rezultadu peska menus (tun). Nune'e ho suporta husi WorldFish, comunidade sira establese komisaun (grupu) ne'ebe inklui feto ho mane atu jere área tasi nian uza

## The iconic seafood of Atauro Island

'When you visit Atauro Island, you must take home dried fish and seaweed, otherwise people will think you've been to [inland] Ossu or Baguia!' exclaims Alberto, a local tourist who lives in Baucau municipality.

Alberto and his family have come on the two-hour ferry ride from Dili to Beloi Market – a bustling cluster of stalls at the back of a sandy beach, laden with bundles of dried fish, dried octopus and large, red plastic bags full of fresh seaweed. Here, local Atauro women bring their goods for sale every Thursday and Saturday, walking across the island from their villages up to four hours away.

Atauro Island has a dry, rugged and mountainous landscape. Freshwater is sparse, and gardening is difficult outside the wet season. But there is a wealth of resources in the surrounding ocean, with colourful coral gardens, seagrass beds and many species of fish. While tourism and diving are growing industries, most Atauro people sustain their lives by fishing, farming animals and growing vegetables. Fishing is the main source of income (and food) for many people, and Atauro men and women are known throughout Timor-Leste for their excellent swimming, free-diving and spearfishing skills.

A few years ago, fishers in the community of Adara were concerned that their catches were declining. So, with support from WorldFish, the community established a committee of women and men to manage their marine area

tara bandu no monta rumpon ne'ebe hodi halibur ikan sira. Medidas ida ne'e hatudu rezultadu positivu tebes. Ikan hanesan bainar ne'ebe mak ka'er iha área rumpon fera no habai husi feto sira atu halo ikan maran ne'ebe gostu hodi fa'an iha merkadu Beloi no mós uza ba han iha sira nia familia uma laran.

Feto sira iha fatin seluk, hanesan Uaruana, involve mós iha hakiak budutasi, hahú husi kesi budutasi nurak iha tali, depois hamoos foer ka du'ut algae belit, antes kolleta no prepara atu ba fa'an. Budutasi balun fa'an ba turista lokál hanesan Alberto iha merkadu Beloi; balun fa'an ba kooperativa lokál sira. Dala barak fa'an la hotu no susar ba sira atu hetan presu ne'ebe di'ak. Iha tinan hirak liu ba orgnizasaun Empreza Di'ak koko atu prodús budutasi maran atu fa'an ba loja iha Dili, opsaun seluk oinsá hetan folin ne'ebe di'ak no bele rai ho durasaun ba tempu naruk.

using a customary protection mechanism (*tara bandu*); they also installed a fish aggregating device (FAD or *rumpon*). These measures have shown positive results. Some fish caught around the FAD, like mackerel scads and fusiliers, are sun-dried by Adara women to make delicious dried fish which are sold at Beloi Market and also eaten by their families.

Women in other communities, like Uaruana, are also involved in seaweed farming, which starts by tying young plants onto lengths of rope, then cleaning off sediment and epiphytic algae, before harvesting and preparing the product for sale. Some seaweed is sold at Beloi Market, to local tourists like Alberto; some is sold to local cooperatives. However, often there is unsold product and it can be difficult to get a good price. In the last few years, non-profit organisation Empreza Di'ak has tested producing dried Atauro seaweed to sell in Dili, to demonstrate another option for seaweed farmers – one that adds value and has a longer shelf life.





## Reseita: *Ikan maran ho aimanas budu*

Halo ikan maran, inan-feton sira iha Adara fera tiha ikan, fase ho kuidadu, tau masin uitoan, husik hela to'o minutu 30 de pois habai iha loro (fatin habai bambu) habai to'o loron rua, husi dadersan to'o meudia habai loke, husi meudia to'o loraik habai taka.

Ikan maran han gostu los ho aimanas budu no modo da'an sira hanesan aifarina tahan, aidila tahan no aidila funan.

### Servi ba 4

### Ingrediente sira

Ikan maran	ulun 4, nato'on
Mina	kopu $\frac{2}{3}$ (mililitru 150)
Aimanas	fuan 10
Derok	1
Liis mutin ki'ik (lokál)	ulun 2
Sutate meer/kecap asin	kopu $\frac{1}{4}$ (mililitru 60)

### Maneira atu te'in

1. Fase ikan maran ho bee manas.
2. Hamanas mina iha taxu. Hatun ikan maran ba mina fila ba-mai maizumenus minutu ida kada sorin de pois hasa'i tau iha bikan laran.
3. Prepara aimanas budu: hamoos no fase aimanas, liis mutin no derok. Ko'a aimanas, derok no liis mutin halo lotuk no ki'ik tau iha manko ka bikan kabuar de pois fui tan sutate meer, kedok ho kanuru to ingrediente sira nia sabór sai ida de'it.
4. Servida ho etu no modo tahan da'an kahur sira hanesan: aifarina tahan, hudi dubun no aidila funan.



# Recipe: *Dried fish with chilli sauce*

To make dried fish, the women in Adara slice the fish lengthways, wash them thoroughly, sprinkle with salt, then leave for half an hour. The salted fish are then placed on a bamboo drying rack and allowed to dry for two days, flesh-side up in the morning and skin-side up in the afternoon.

Dried fish are delicious eaten with spicy chilli sauce and boiled vegetables, such as cassava leaves, papaya leaves and papaya flowers.

**Serves 4**

## Ingredients

4 whole, medium	dried fish
2/3 cup (150 mL)	cooking oil
10 large	chillies (mild to medium heat)
1	lime
2 bulbs	garlic (small variety)
1/4 cup (60 mL)	soy sauce

## Method

1. Wash the dried fish in hot water.
2. Heat the oil in a frying pan. Place the fish in the hot oil and fry for approximately 1 minute on each side. Remove from the pan and put aside on a plate.
3. Prepare the chilli sauce: wash the chillies and lime, and separate and peel the garlic cloves. Chop the chillies, garlic and lime (whole fruit, including peel) into small pieces and put in a small bowl. Add the soy sauce and stir with a spoon until the flavours are well mixed.
4. Serve with rice and mixed boiled vegetables, such as cassava leaves, banana flowers and papaya flowers.

## Hahán kompleta Main meal

Porsi 1: reseita te'in ona 1/4 + etu  
1 portion: 1/4 cooked recipe + rice



	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	3630 kJ	44 g	40 g	79 g	6 g	1150 mg	6 mg	6 mg	95 µg
% konsumi loroloron % daily intake	42	87	57	26	19	144	51	51	13

\*ho etu/with rice



## Reseita: *Kelo nia salsa budutasi maran*

Budutasi maran halo husi budutasi fresku Atauro nian, prodús no fa'an husi organizasaun Empreza Di'ak iha loja supermerkadu Dili. Halo budutasi maran: fase budu tasi fresku ho bee dala rua, hatama iha kaixote depois taka ho plastik mutin mahar, husik hela iha loro to'o nia kor sai kamutis. Depois hasai fase tan dala ida ho bee morna no hamaran fali antes hatama iha tenda plastik laran no haba'i durante loron ida ka rua depois bele ona ba fa'an.

Uza budutasi maran oioin hodi halo sopa, salada, snek no sobremeza (pudín). Reseita ida ne'e kria husi Kuziñeiru Kelo husi Agora Food Studio iha Dili, ne'ebe gostu no koñesidu ho inovativu uza produktu lokál Timor.

**Serve ba 4, hanesan halo kumpleta modo/budu**



### Ingrediente sira

Budu tasi maran	grama 65
Liis mutin (lokál)	isin 8
Liis mean (lokál)	ulun 8
Aimanas	fuan 6
Lengkuas	isin 2 (hanesan liman fuan $\frac{2}{3}$ ka 4 cm)
Ailia (lokál)	isin 1 (hanesan liman fuan $\frac{2}{3}$ ka 4 cm)
Du'ut morin	kain 2
Tomate	fuan 2
Derok tahan	2

### Maneira atu te'in

1. Fase budutasi maran ho bee malirin.
2. Hamoos, fase no ko'a liis, aimanas, lengkuas, ailia, du'ut morin, tomate no derok tahan koa ki'ik hotu.
3. Nono bee to'o nakali, hatun budutasi maran to'o mamar.
4. Foti sai budutasi fase filafali ho bee moos no ko'a ki'ik.
5. Kahur ho temperus sira hotu.
6. Servida ho batar da'an.

## Recipe: *Kelo's dried seaweed salsa*

Dried seaweed made from fresh Atauro seaweed is produced and sold by Empreza Di'ak in Dili supermarkets. To make the dried product, the fresh seaweed is washed with water twice, placed inside a crate, then covered with thick plastic sheeting and left in the sun until its colour fades. The seaweed is then washed again in warm water and allowed to dry before being placed inside a solar drying tent. The seaweed is sun-dried for one or two days, then packaged, ready to sell.

Different varieties of dried seaweed can be used to make soups, salads, snacks and desserts. This recipe was created by Chef Kelo from Agora Food Studio in Dili, known for its delicious and innovative dishes made using local Timorese produce.

**Serves 4, as a side dish**

### Ingredients

65 g	dried seaweed
8 cloves	garlic (small variety)
8	red shallots
6	chillies
2 pieces (2/3 finger length or 4 cm each)	galangal
1 piece (2/3 finger-length or 4 cm)	ginger (local variety)
2 stems	lemongrass
2	tomatoes
2	lime leaves

### Method

1. Wash the dried seaweed with cold water.
2. Peel/wash the garlic, shallots, chillies, galangal, ginger, lemongrass, tomatoes and lime leaves, and slice into small pieces.
3. Place the seaweed in a saucepan of boiling water and boil until soft.
4. Drain the seaweed, rinse with clean water and chop into pieces.
5. Mix the seaweed with the other chopped ingredients.
6. Serve with *batar daan* (traditional dish made from boiled corn).

**Modo** Porsi 1: reseita ¼  
**Side dish** 1 portion: ¼ recipe

M

	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	379 kJ	4 g	1 g	13 g	8 g	85 mg	2 mg	1 mg	70 µg
% konsumi loroloron % daily intake	4	7	1	4	26	11	15	8	9








*Suco Uma Kaduak - Lacle - Manatuto*





## Monitorizasaun ba aban- bainrua: feto sira garante vida moris sustentavel husi tasi

Familia uma kain sira iha Behau, Munísipiu Manatuto, hetan rendimentu importante tebes liuhosi ikan – ida ne'e la'os husi peska no fa'an ikan fresku de'it, maibe' mós liuhosi baraka katupa no ikan tunu ne'ebe fa'an ba pasajeirus sira ne'ebe liu ba mai.

Tinan hirak liu ba, Rosa da Cunha ho ninia familia hari'i baraka ba katupa no ikan, ho osan montante ki'ik ne'ebe impresta husi banku. Liuhosi sira nia serbisu maka'as, agora sira iha ona negósio ki'ik ne'ebe fó rendimentu di'ak no susesu tebes, maski fo'in daudaun osan tama menus tanba konstrusaun estrada. Rosa nia kaben ema peskadór, Rosa baibain tunu no fa'an ikan ne'ebe kaer husi nia kaben. Iha tempu balun tasi la di'ak ka ikan la iha, entaun nia sosa ikan jeleira husi loja atu kontinua fa'an – maibe' nia sempre onestu ba konsumidór sira para sira bele hili rasik ikan ne'ebe sira gosta liu.

Esperiénsia hatudu katak sira nia rendimentu depende ba rekursu tasi nian, ho konsiénsia no perkupasaun tomak husi comunidade no lider komunitaria sira Behau hakbesik aan ba iha organizasaun Blue Ventures atu bele ajuda sira oinsá mak bele jere sira nia tasi. Hafoin diskute kona-ba opsaun oioin sira ne'e, depois membru comunidade sira hili hodi proteje no tara bandu ba área tasi sira nian. Prosesu atividade ida ne'e akompaña husi Blue Ventures liuhosi treinamentu ba

## Monitoring for the future: women ensuring sustainable livelihoods from the sea

Fish provide essential income to families in Behau community in Manatuto municipality – not only through fishing and fresh fish sales, but also from roadside stalls selling barbecued fish and *katupa* (rice cooked in small, woven palm-leaf parcels) to passing travellers.

A few years ago, Rosa da Cunha and her family set up a barbecued fish stall with a small amount of money borrowed from the bank. Through their daily hard work, they now have a successful small business which provides a good income, although recent roadworks have impacted earnings. Rosa's husband is a fisher and she usually barbecues and sells the fish that he catches. When the sea is too rough or local fish are not available, she buys frozen fish from the store in order to continue trading – but she is always honest with her customers so they can choose the type of fish they prefer.

Aware of their reliance on marine resources and amid growing concerns about declining fish stocks, community leaders in Behau approached marine conservation organisation Blue Ventures to help work out how to best manage their fisheries. After discussing various options, the community decided to protect part of their coastal reef area using *tara bandu* (customary law). Alongside this process, Blue Ventures

grupu fetu sira atu halo monitorizasaun ba rezultadu peskas nian.

Maria Jose da Cunha mak membru voluntaria ida husi ekipa foun monitorizasaun peskas nian. Nia ema Behau (ho idade 25), moris no bo'ot iha ne'eba, tanba ne'e nia hatene di'ak liu rekursu importansia tasi ba ninia komunidade. Nia espresa ninia sentimentu: 'Wainhira peskadór sira fila husi tasi lori ikan barak, sira hotu kontenti, familia kontenti, no ha'u mós kontenti, maibé se sira fila ho liman mamuk, halo ema hotu triste. Ha'u nia mensajen no esperansa bo'ot ba komunidade sira: hamutuk ho peskadór sira kuidadu no tau matan lisuk ba área ne'ebe aplika hela ho tara bandu para wainhira to'o tempu atu loke bele fó rezultadu ne'ebe di'ak no halo ema hotu kontenti'.

provided training to a group of local women that monitor fishers' landings.

Maria Jose da Cunha is one of the volunteer members of the new fisheries monitoring team. She is 25 years old and has lived in Behau all her life, so knows well the importance of marine resources for her community. As she explains: 'When the fishers return from the sea with lots of fish, they are happy, families are happy and I am happy too. But when they return with empty boats, everyone is disappointed. My message and strong hope is that together the fishers and us can watch over and look after the area that has been designated *tara bandu*, so that when the time comes to open it again for fishing, it can provide good catches which make everyone happy'.





## Reseita: *Ikan tunu ho katupa no aimanas budu*

Ikan tunu no katupa mak hahán baibain ne'ebe ita sempre sosa wainhira viajen iha dalan parte tasi ninin iha Timor-Leste. Ikan tunu no aimanas labele haketak malu, se wainhira han ikan tunu laiha aimanas ne'e la gostu liu!

### *Ikan tunu*

Baraka ikan no *katupa* fa'an ikan oioin iha Timor-Leste maibé depende ba ikan ne'ebe peskadór ka'er, inklui bainar (familia Caesionidae), kombong layang (*Decapterus* spp.), bainar mutin (*Rastrelliger* spp.) no ikan ahu ruin sira hanesan fafulu no kafir (familia Acanthuridae). Iha fatin balu, ikan ki'ik hanesan sumber (familia Hemiramphidae) no sardina (*Sardinella* spp.) mós fa'an barak.

Reseita ida ne'e fahe husi Rosa da Cunha-ne'ebe mak na'in ba baraka ikan tunu iha Behau.

#### **Serve ba 4**

#### **Ingrediente sira**

Ikan	ulun 4, nato'on
Masin	kanuru xá 1
Aimanas	fuan 4
Liis mutin	isin 4
Kinur	oituan (¼ liman fuan)
Pimenta	kanuru xá ½
Mina	kanuru han 1

#### **Maneira atu te'in**

1. Prepara sunu ahi anar halo manas.
2. Fase no hamoos ikan depois ko'a kanek iha ikan isin balun (hamenus tempu te'in).
3. Kahur ho masin.
4. Hamoos aimanas, liis mutin no kinur. De'ut rahun depois kahur ho mina no pimenta.
5. Tunu uza redi/aramé tau iha ahi klaak leten, iha alternativu seluk bele mós tuu ho kesak depois tunu ho ahi klaak iha arame leten (ne'ebe luan).
6. Fila ba-mai no haree tutuir kuandu maran ona kose ho mollu ne'ebe de'ut ona.
7. Husik hela iha ahi leten to'o minutu 1–2 depois hasai no servida.

## Recipe: *Barbecued fish with katupa rice parcels and chilli pickle*

Barbecued fish and *katupa* (rice cooked in small, woven palm-leaf parcels) is the most common meal available to buy when travelling along coastal roads in Timor-Leste. And it would not be complete (or as delicious) without the addition of Timorese *aimanas* or chilli pickle!

### *Barbecued fish*

Fish and *katupa* stalls in Timor-Leste sell a variety of fish depending on availability, including fusiliers (Caesionidae family), mackerel scads (*Decapterus* spp.), small mackerels (*Rastrelliger* spp.) and various reef fish like unicornfish and surgeonfish (Acanthuridae family). In some locations, smaller fish like halfbeaks (Hemiramphidae family) and sardines (*Sardinella* spp.) are also popular.

This recipe was shared by Rosa de Cunha, who owns a fish and *katupa* stall in Behau.

#### Serves 4

#### Ingredients

4 medium	fish
1 teaspoon	salt
4	chillies
4 cloves	garlic
1 small piece (1–2 cm long)	turmeric
½ teaspoon	pepper
1 tablespoon	cooking oil

#### Method

1. Make a fire to create hot coals.
2. Scale, gut and wash the fish. Cut part-way through the flesh in several places (to reduce cooking time).
3. Sprinkle with salt.
4. Wash the chillies, and peel the garlic and turmeric. Crush together to form a paste, add pepper and mix with oil.
5. Grill the fish on a wire rack suspended above the hot coals. Alternatively, insert a skewer through the fish lengthways and rest above the coals on supports.
6. Turn the fish to grill both sides. Once browned and almost cooked, brush each side with seasoning oil.
7. Grill for a further 1–2 minutes, then remove from the heat and serve.

# Katupa (etu ne'ebe falun ho nuu tahan)

Iha Timor-Leste katupa halo ho maneira oioin. Reseita ida ne'e halo tuir maneira tradisional, tuir katupa ne'ebe baibain ha'u nia familia sira iha Viqueque halo.

**Halo katupa 16 (nato'on ba 4)**

## Ingrediente sira

Nuu maran	nuu fuan 1
Kinur	liman fuan ½ (maizumenus 3 cm)
Liis mutin ki'ik	isin 4
Liis mean	ulun 4, nato'on
Foos	kopu 2½
Masin	kanuru han 1½
Pimenta	kanuru xá 1
Katupa homan mamuk (haree instrusaun iha pájina 61–69)	16



## Maneira atu te'in

1. Prepara koi nuu no kinur, depois kumu hasai been, no rai ho kuidadu.
2. Hamoos no ko'a/tetak liis mean ho mutin halo ki'ik lotuk.
3. Hamoos no fase foos.
4. Kahur foos hamutuk ho nuu no kinur been, liis mutin, liis mean, masin no pimenta, no husik hela durante minutu 20–30.
5. Enxe ingrediente sira iha katupa homan: loke katupa halo kuak oituan/ nato'on para bele enxe ingridiente to'o klaran de'it – labele halo nakonu, depois taka fali.
6. Prepara sanan bo'ot ida: tau uluk nuu no kinur sos depois hatun katupa, fui tan bee no taka metin sanan matan.
7. Hatuur sanan iha ahi matan no sunu ahi, da'an katupa durante minutu 40 ka to'o oras ida.
8. Depois tasak hasai katupa husi sanan no hamoos nuu sos, rai iha lafatik laran ka tara sa'e iha fatin ruma para malirin lalais.
9. Servida ho ikan tunu no aimanas.

# Katupa (rice cooked in woven palm-leaf parcels)

There are various ways of cooking *katupa* in Timor-Leste. This recipe is based on the traditional method usually followed by my family in Viqueque municipality.

**Makes 16 *katupa***  
**(enough to serve 4)**

## Ingredients

1	coconut (brown)
½ finger-length piece (approx. 3 cm)	turmeric
4 cloves	garlic (small variety)
4 medium	red onions
2½ cups	rice
1½ tablespoon	salt
1 teaspoon	pepper
16	empty <i>katupa</i> parcels (see weaving instructions on pages 61–69)



## Method

1. Grate the coconut and turmeric and squeeze together to extract the liquid. Keep both liquid and solids.
2. Peel and finely chop the garlic and onions.
3. Pick over the rice and rinse.
4. Mix the rice with the coconut and turmeric liquid, garlic, onions, salt and pepper, and leave for 20–30 minutes.
5. Hold an empty *katupa* parcel slightly open with the loose strands pointing upwards, and half-fill with the rice mixture. Do not overfill or the rice will not cook properly. Weave each parcel closed using the loose ends of the strands, following the weave of the parcel.
6. In a large saucepan, first add the grated coconut and turmeric (solids), then place the filled *katupa* on top. Fill with water and close the lid.
7. Place the saucepan in the fireplace and build up the fire (or cook over a medium heat on the stove). Boil the *katupa* for 40 minutes to 1 hour.
8. Remove the *katupa* from the saucepan, wipe off the grated coconut and place in a flat basket or hang up to cool quickly.
9. Serve with the barbecued fish and chilli pickle (*aimanas*).

## Aimanas budu

Iha reseita formuláriu simples ida ne'e, aimanas budu halo husi aimanas no masin, aumenta tan ho ingrediente sira seluk depende ba tempu ka ingrediente saida mak sira iha, iha to'os laran. Reseita ida ne'e mai husi Uma Peska Inan feton-llilai munisipiu Lautém, ema ne'ebe baibain uza derok ka bilimbi fuan hodi halo aimanas.

**Prepara halo aimanas toples 1 (maizumenus litru 1)**

### Ingrediente sira

Aimanas	plastik masin midar kg 1 nian 1
Bilimbi (bele mós uza derok ho fuan 20)	fuan 40
Liis mutin kí'ik	ulun 7
Masin	kanuru han 6

### Maneira atu budu aimanas

1. Fase no hamoos aimanas, liis, bilimbi no hasai hotu kain sira. Loke fahe liis mutin isin.
2. Uza fatuk ka lesu ho alu hodi de'ut aimanas, liis mutin ho masin ka uza blender de'it.
3. Ko'a bilimbi halo kí'ik-kí'ik depois budu hamutuk ho aimanas, liis no masin ne'ebe de'ut/blender ona.
4. Rai iha toples ka masa, taka metin nia matan.
5. Budu hela mínimu to'o loron ida antes han.

### Hahán kompleta Main meal

Porsi 1: ikan 1, katupa 4 + aimanas kanuru han 2  
1 portion: 1 fish, 4 *katupa* + 2 tablespoons chilli pickle



	Energia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	3160 kJ	34 g	17 g	110 g	11 g	148 mg	6 mg	3 mg	166 µg
% konsumi loroloron % daily intake	36	67	25	35	36	18	48	27	22

## Chilli pickle

In its simplest form, *aimanas* or chilli pickle is made from chillies and salt. The addition of other ingredients depends on what is in season or available in people's gardens. This recipe comes from the Fish House women in Ililai, Lautém municipality, who usually use either limes or bilimbi fruit to make their *aimanas*.

**Makes 1 large jar (approx. 1 L)**

### Ingredients

4½ cups	chillies
40	bilimbi fruit (or substitute 20 small limes)
7 bulbs	garlic (small variety)
6 tablespoons	salt

### Method

1. Wash the chillies and bilimbi, and remove any stalks. Separate and peel the garlic cloves.
2. Crush the chillies, garlic and salt together with a stone mortar and pestle, or roughly chop in a blender.
3. Chop the bilimbi (whole fruit) into small pieces and combine with the chilli mixture.
4. Scoop into a plastic container or glass jar and tightly close the lid.
5. Leave for at least 1 day before eating.







## Instrusaun homan katupa

Baibain uza nuu tahan nurak ba homan. Iha modelu katupa oioin – katupa balu tenki uza tudik mak ko'a bainhira atu han, no balun bele kore ho liman de'it.

Iha ne'e maneira oin rua oinsá atu homan katupa.

### Material sira

Nuu tahan nurak ida bele homan katupa fuan ida	nuu tahan nurak (kinur no mamar foin hatun husi nia hun)
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## Katupa parcel weaving instructions

*Katupa* are woven using young coconut leaves. There are many different styles of parcels – some types should be cut open with a knife once cooked, while others can be opened by unweaving a few strands.

Here are two ways of weaving *katupa*.

### Materials

1 leaf per <i>katupa</i> parcel	young coconut leaves (ideally the soft yellow leaves from a new centre frond which has not opened)
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Atu prepara nuu tahan ba homan, hasai nia kesak (atu forma tahan rua) no hadia nia hun rua ne'e. Kuidadu nia, para tahan rua ne'e konektu nafatin iha nia hun.

To prepare the leaf for weaving, remove the rib (to form two leaf strands) and trim both ends. Keep the two strands connected at the stalk end.

## Homan katupa ho modelu okos tetuk:

1. Tau sa'e nuu tahan iha ita nia liman karuk, ho nuu tahan rohan konektu ba parte leten no nuu tahan husik tara aan iha ita nia liman sor-sorin (foto 1.1).
2. Foti nuu tahan husi ita nia liman (tahan A) ba iha ita nia liman fuan ki'ik, depois bobar nuu tahan husi liman fuan ki'ik kotuk, no ba fali leten, iha ita nia liman laran (1.2) falun iha homan kotuk. Kaer metin iha fatin ho ita nia liman fuan bo'ot.
3. Foti nuu tahan seluk (tahan B, ne'ebe table los ba kraik) no dulas ba los to'o iha ita nia liman fuan ki'ik nia sorin (1.3). Depois, hases nuu tahan A, falun iha ita nia liman kotuk hanesan diágonal (1.4), no filafali ba ita nia liman laran hodi nune'e liuhosi nuu tahan sira ne'ebe konektu iha lidun ne'ebe besik liu ita nia liman fukun no forma 'X' ho nuu tahan A (1.5). Kaer iha nia fatin ho ita nia liman fuan bo'ot.
4. Agora ita persiza homan nuu tahan ida ne'e (B) ba iha ita nia liman fuan ki'ik: kontinua nafatin ho forma 'X' iha nuu tahan A nia leten, kesi iha siklu nia okos ho toba los iha ita nia liman laran, hasai husi ita nia liman fuan ki'ik no dada filafali (1.6).

## To make a flat-bottomed katupa parcel:

1. Place the leaf over your left hand, with the connected stalk end at the top and the loose strands hanging down either side of your hand (photo 1.1).
2. Take the strand on the palm of your hand (strand A) towards your little finger, then wrap it around the back strand, and back up across itself on your palm (1.2). Hold it in place with your thumb.
3. Take the other strand (strand B, which is hanging straight down) and twist it over to the right so it lays alongside your little finger (1.3). Then, avoiding strand A, wrap it over the back of your hand on a diagonal (1.4), and back over your palm so passes the connected stalk on the side closest to your wrist and forms an 'X' with strand A (1.5). Hold it in place with your thumb.
4. You now need to weave this strand (B) towards your little finger: keeping it crossed over strand A, thread it under the loop lying straight down across your palm, so it comes out near your little finger, and pull it through (1.6).



5. Foti nuu tahan seluk (A; iha ita nia liman leten) ba ita nia liman kotuk (rai iha lidun nuu tahan ne'ebe besik liu ita nia liman fuan tutun) ba ita nia liman kotuk leten (rai iha lidun nuu tahan ne'ebe besik liu ita nia liman fuan tutun) no kesi diagonal ba iha ita nia liman fuan ki'ik nia hun: foti iha siklu dahuluk (atu forma X) no iha siklu okos los (ne'ebe konektu iha klaran; 1.7) no dada sai nuu tahan husi liman fuan ki'ik nia hun.

6. Foti nuu tahan ne'ebe hanesan (A), halo siklu iha ita nia liman oin (1.8) no kesi iha siklu leten ne'ebe besik ho ita nia liman fuan bo'ot, deapos iha siklu tuir mai (1.9).

7. Foti nuu tahan seluk (B; besik liman fuan ki'ik) ba iha ita nia liman kotuk kesi diagonal ba iha ita nia liman fuan bo'ot nia hun: iha siklu dahuluk leten (1.10) no iha siklu tuir mai iha okos (1.11).

5. Take the other strand (A; at the top of your hand) over to the back of your hand (keeping it on the side of the stalk nearest your fingertips), and weave it on a diagonal towards the base of your little finger: take it over the first loop (to form an 'X') and under the straight loop (the one connected to the stalk; 1.7) and pull it through. The strand should come out near the base of your little finger on the back of your hand.

6. Take the same strand (A), bring it around the front of your hand (1.8) and weave it over the loop nearest your thumb and then under the next loop (connected to the stalk; 1.9).

7. Take the other strand (B; near your little finger) to the back of your hand and weave it on a diagonal towards the base of your thumb: over the first loop (1.10) and under the next loop (connected to the stalk; 1.11).



8. Foti nuu tahan ne'ebe hanesan (B) ba iha ita nia liman oin, no kesi ba okos liuhosi ita nia liman laran hanesan diágonal ba iha ita nia liman fuan ki'ik, iha siklu dahuluk leten no siklu daruak ba okos, to'o iha siklu ne'ebe bele konektu ba iha nuu tahan klaran, ho nuu tahan tutun husik ba iha okos (1.12). Tuir siklu ne'ebe konektu ho nuu tahan klaran ba okos no kesi nuu tahan (B) liuhosi siklu parte okos (1.13).

9. Foti nuu tahan seluk (A) no kesi iha ita nia liman kotuk ho diágonal ba iha ita nia liman fuan ki'ik nia hun: iha siklu dahuluk leten, no iha siklu daruak okos, to'o iha siklu leten ne'ebe konektu ba nuu tahan klaran (1.14). Tuir siklu ida ne'e ba okos no kesi nuu tahan (A) liuhosi siklu parte okos nian (1.15).

10. Husik homan ho kuidadu husi ita nia liman (1.16) no hadulas to'o iha 180° hodi nune'e nuu tahan rua ne'e longra hasoru/ se ba leten. Doko neneik nuu tahan homan atu enxe liuhosi kuak ne'ebe husik hela husi ita nia liman. Agora kaer hamutuk nuu tahan ne'ebe longra (ba kotuk labele bobar, no husik hela homan tabele to'o lidun seluk longra hasoru ita, no lidun seluk hasoru dook husi ita. Muda nuu tahan ba oin ba los to'o nuu tahan rua iha fatin hanesan. Agora ita sei haree fatin rua ne'ebe mak la homan (iha lidun ida-idak) (1.17).

8. Take the same strand (B) to the front of your hand and weave it down across your palm on a diagonal towards your little finger: over the first loop and under the second loop, so it lies on top of the loop connected to the stalk, with the loose end pointing downwards (1.12). Follow this stalk-connected loop down and weave the strand (B) through the loop at the bottom (1.13).

9. Take the other strand (A) and weave it down the back of your hand on a diagonal towards the base of your little finger: over the first loop and under the second loop so it lies on top of the loop connected to the stalk (1.14). Follow this loop down and weave the strand (A) through the loop at the bottom (1.15).

10. Carefully remove the weaving from your hand (1.16) and rotate it through 180° so the two loose strands are facing up. Gently shuffle the woven strands around to fill the holes left by your hand. Now hold the loose strands together (back to back, with no twists) and let the weaving hang down so that one side of the loose strands is facing you and the other is facing away from you. Move the front strand to the right so the two strands are lying parallel. You should now see two unwoven pathways (one on each side of the weaving) (1.17).



**11.** Foti nuu tahan kotuk, lulun husi leten hasoru mai ita, no kesi iha okos ba iha parte nuu tahan klanan ne'ebe konektu: iha siklu dahuluk leten, siklu daruak okos, iha datoluk leten no dahaat okos. Filafali homan no repete ho nuu tahan seluk ne'ebe longra: lulun ba leten no kesi ba okos atu ba nuu tahan klanan ne'ebe konektu - iha siklu dahuluk leten, siklu daruak okos, iha siklu datoluk leten no siklu da haat okos. Nuu tahan tutun ne'ebe mak kore tenki sai husi lidun rua nuu tahan ne'ebe konektu. (1.18).

**12.** Atu aperta homan, hahu husi nuu tahan tutun ne'ebe konektu, tuir kada nuu tahan homan no dada metin ho neneik (1.19 no 1.20). Repete ba nuu tahan parte rua to'o homan ne'e aperta metin, no sei laiha tan kuak ne'ebe foos bele fakar sai.

**13.** No ramata/hotul!

**11.** Take the back strand, fold it over the top towards you and weave it down towards the connected stalk: over the first loop, under the second, over the third and under the fourth. Turn the weaving over and repeat with the other loose strand: fold it over the top and weave it down towards the connected stalk - over the first loop, under the second, over the third and under the fourth. The loose ends should come out on either side of the connected stalk (1.18).

**12.** To tighten the weaving, start at the connected stalk end, follow each strand through the weaving and gradually pull it tight (1.19 and 1.20). Repeat for both strands until the weaving is tight and there are no holes where uncooked rice could escape.

**13.** And it's finished!



## Atu halo katupa ho modelu kuadradu:

1. Hatuur/tau nuu tahan iha ita nia liman karuk, ho nuu tahan rohan ne'ebe konektu ba parte leten no nuu tahan ne'ebe tabele aan iha ita nia liman ninin. Foti lidun nuu tahan iha liman kotuk. Foti nuu tahan rohan iha ita nia liman kotuk (nuu tahan A) no falun iha ita nia liman okos, iha ita nia liman laran (foto 2.1) bobar hale'u ita nia liman.
2. Falun nuu tahan ne'ebe hanesan (A) bobar hale'u ita nia liman dala rua tan, no ba daruak nian hatuur nuu tahan rohan ne'ebe longra entre liman fuan hatudu no liman fuan klaran, para labele namkore (2.2).
3. Se liman laran ba leten. Foti nuu tahan daruak (tahan B), bobar hale'u atu hatoba ba iha ita nia liman fuan tutun (la persiza hadulas nia) no halo nia iha ita nia liman laran; iha siklu dahuluk leten no siklu daruak okos. Husik nuu tahan A husi ita nia liman fuan sira no muda ba ita nia liman fuan leten. Foti nuu tahan B iha nuu tahan A no entre liman fuan hatudu no liman fuan klaran, ba ita nia liman kotuk (2.3).
4. Se ita nia liman kotuk ba leten. Forma nuu tahan ne'ebe hanesan (B) bobar hale'u iha ita nia liman kotuk, ba iha ita nia liman fukun: iha siklu dahuluk leten, iha siklu daruak okos no siklu datuluk leten (2.4). Foti iha tahan lolon ne'ebe konektu no ita nia liman fuan bo'ot ba iha ita nia liman laran.

## To make a square-shaped *katupa* parcel:

1. Place the leaf over your left hand, with the connected stalk end at the top and the loose strands hanging down either side of your hand. Take the end of the strand at the back of your hand (strand A) and wrap it under your hand, across your palm (photo 2.1) and over the top of your hand.
2. Wrap the same strand (A) around your hand a further two times, and on the second time, place the loose end between the tips of your index and middle fingers to prevent it from unravelling (2.2).
3. Face your palm upwards. Take the second strand (strand B), turn it to lie in the direction of your fingertips (without twisting it over) and weave it across your palm: over the first loop and under the second loop. Release strand A from between your fingers and take it over the top of your hand. Take strand B over strand A and between your index and middle fingers, to the back of your hand (2.3).
4. Face the back of your hand upwards. Weave the same strand (B) across the back of your hand, towards your wrist: over the first loop, under the second loop and over the third loop (2.4). Take it around the connected stalk and your thumb to the palm of your hand.





5. Se ita nia liman laran ba leten. Forma nuu tahan ne'ebe hanesan (B) bobar hale'u iha ita nia liman laran, ba iha ita nia liman fuan tutun; iha siklu dahuluk okos, iha siklu daruak leten (2.5) no iha siklu datoluk okos. Foti entre liman fuan klaran no liman kadeli (atu habit metin iha nia fatin) (2.6).

6. Se ita nia liman kotuk ba leten. Foti nuu tahan seluk (A; besik liu ho ita nia liman fuan hatudu) no bobar iha liman fuan kotuk leten ba iha ita nia liman fuan tutun liman fuan ki'ik (atu forma siklu seluk iha ita nia liman iha siklu datoluk sorin). Kaer metin iha ita nia liman fuan kadeli no liman fuan ki'ik. Foti nuu tahan seluk (B) no kesi iha liman kotuk, ba iha ita nia liman fukun; iha nuu tahan leten/siklu dahuluk (foin mak forma husi tahan A), iha siklu daruak okos (2.7), iha siklu datoluk leten no siklu dahaat okos. Foti iha tahan lolon ne'ebe konektu no ita nia liman fuan bo'ot ba iha liman klaran.

5. Face the palm of your hand upwards. Weave the same strand (B) across your palm, towards your fingertips: under the first loop, over the second loop (2.5) and under the third loop. Take it between your middle and fourth fingers (to hold it in place) (2.6).



6. Face the back of your hand upwards. Take the other strand (A; nearest your index finger) and wrap it over the back of your fingers towards the tip of your little finger (to form another loop around your hand alongside the third loop). Hold it securely between your fourth and little finger. Take the other strand (B) and weave it across the back of your hand, towards your wrist: over the first strand/loop (newly formed by strand A), under the second loop (2.7), over the third loop and under the fourth. Take it around the leaf stalk and your thumb to the palm of your hand.



7. Se ita nia liman laran ba leten (2.8). Kontinua ho nuu tahan ne'ebe hanesan (B) no kesi iha ita nia liman laran, ba iha ita nia liman fuan tutun: iha siklu dahiluk leten, iha siklu daruak okos no siklu datuluk leten (2.9). Husik nuu tahan seluk (A) husi ita nia liman fuan kadeli no liman fuan ki'ik no husik tablele iha ita nia liman kotuk. Foti nuu tahan B (iha ita nia liman laran) iha entre liman fuan kadeli no liman fuan ki'ik ba iha ita nia liman kotuk.

8. Se ita nia liman kotuk ba leten. Kontinua ho nuu tahan ne'ebe hanesan (B) no kesi iha nuu tahan husik (A) iha siklu dahiluk leten (2.10), iha siklu daruak okos no siklu datuluk leten (2.11).

9. Husik homan husi ita nia liman ho neneik (2.12). Kontinua halo tuir forma homan sira ne'ebe hanesan. (Ida ne'e bele ajuda atu tau homan iha tutun ne'ebe tetuk, husi parte ita nia liman klaran hasoru ba leten). Rohan husi nuu tahan B (ida ne'ebe besik liu ita nia liman fukun) tenki halai ba karuk. Rohan husi nuu tahan A tenki halai los mai ita ka ba okos.

7. Face the palm of your hand upwards (2.8). Continue with the same strand (B) and weave it across your palm, towards your fingertips: over the first loop, under the second loop and over the third loop (2.9). Release the other strand (A) from between your fourth and little fingers and let it hang from the back of your hand. Take strand B (on your palm) between your fourth and little fingers to the back of your hand.

8. Face the back of your hand upwards. Continue with the same strand (B) and weave it under the loose strand (A), over the first loop (2.10), under the second loop and over the third loop (2.11).

9. Gently ease the weaving off your hand (2.12). Try to keep the orientation of the weaving the same. (It can help to place the weaving on a flat surface, with the side from the palm of your hand facing upwards.) The end of strand B (which was closest to your wrist) should be pointing towards the left. The end of strand A should be pointing towards you or down.



**10.** Foti rohan husi nuu tahan B no kesi (liuhosi nuu tahan leten) halai ba iha parte los: iha siklu dahuluk okos, iha siklu daruak leten no siklu datoluk okos (2.13).

**11.** Atu aperta homan halo metin, hahú husi nuu tahan hun ne'ebe konektu, tuir de'it kada nuu tahan homan nian, no dada aperta neneik (2.14 no 2.15). Repete fali ba nuu tahan daruak to'o homan aperta metin to'oiha kuak hodi nune'e foos la bele fakar sai.

**12.** No ramata/hotu!

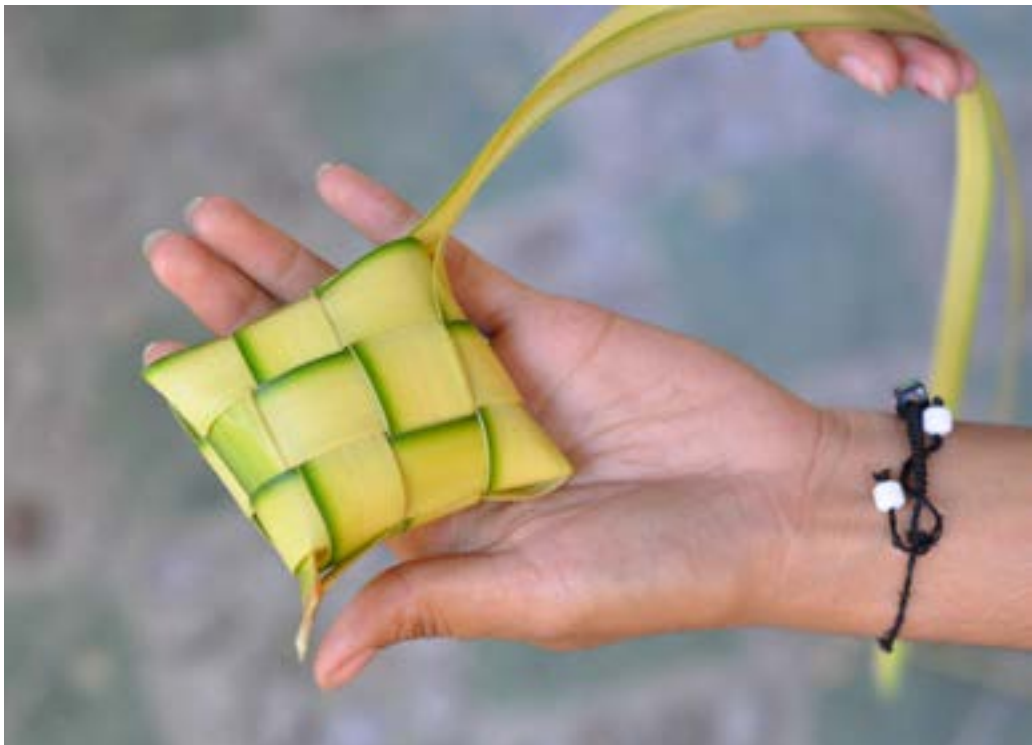
**10.** Take the end of strand B and weave it (through the strands on the top) towards the right: under the first loop, over the second and under the third (2.13).



**11.** To tighten the weaving, start at the connected stalk end, follow each strand through the weaving, and gradually pull it tight (2.14 and 2.15). Repeat for both strands until the weaving is tight and there are no holes where uncooked rice could escape.



**12.** And it's finished!








*Suco Lau - Manatuto - Manatuto*





## Ami atu bá suru boek hodi halo balixaun

**Imi atu ba ne'ebe?**

**Ami atu ba suru boek**

**Ró Dili seidak mai**

**Tasi ikun baku fila mai ... tralala...!**

Ida ne'e fraze ida husi múzika ka kantiku kultural 'Suru Boek' nian ne'ebe ho istória orijen mai husi munísipiu Manatuto kona-ba suru boek. Manatuto hanesan fatin ne'ebe koñesidu ba boek – balixaun. hahán gostu ne'e iha botir ki'ik no fa'an husi comunidade Obrata iha estrada ninin ba ema sira ne'ebe mak durante ne'e pasa viajen liuhosi sidade kapitál Manatuto nian.

Albina ho Francisca mak feto na'in rua husi Obrata ne'ebe ba suru boek hodi halo balixaun no ipu (husi ikan oan) atu fa'an. Sira hateten katak aktivida ne'e la'o kleur ona iha sira nia comunidade: 'Dezde ami moris no loke matan haree kedas ami nia inan no avo sira ka'er nere ba suru boek hodi halo balixaun'.

Boek ki'ik uza ba halo balixaun kaer husi tasi. Tuir istória husi comunidade Manatuto parte Obrata nian katak balixaun ne'ebe mak halo husi boek tasi nian gostu no mamar liu duke balixaun ne'ebe mak halo husi boek mota, tanba boek tasi lotuk, mean no mamar. Maibé boek tasi baibain nia tempu mak husi fulan Janieru to'o iha fulan Abril kada tinan. Ho tempu ne'ebe mak la serteja, tanba dala ruma boek tasi ne'e sa'e iha tempu kalan dala ruma mós iha tempu loron. Iha períodu

## We're going to catch shrimp to make *balixaun*

**Where are you going?**

**We're going to catch shrimp**

**The Dili boat has not yet come**

**The waves of the sea capsized it ... tralala ...!**

This is a verse from 'Suru Boek', a traditional song originating in Manatuto municipality about catching shrimp, a speciality of the region. Manatuto is particularly known for a type of sauce made from puréed shrimp called *balixaun*. This tasty condiment is sold in small bottles on the roadside in Obrata community, near Manatuto town.

Albina and Francisca are two women from Obrata who catch shrimp and make *balixaun* to sell, as well as a similar product made from tiny fish called *ipu*. They explained that this activity has been carried out in their community for a long time: 'Ever since we were born and opened our eyes, we've watched our mothers and grandparents using handheld scoop nets (*nere*) to catch shrimp to make *balixaun*'.

The small shrimp used for *balixaun* are caught in the ocean. According to Obrata locals, saltwater shrimp are slender, pink and soft, and make a smoother and more delicious *balixaun* than shrimp caught in the river. These saltwater shrimp usually occur nearshore between January and April, but the exact timing is not certain as sometimes they appear at night and sometimes during the day. During these months, fishers watch out

ne'e nia laran, peskadór sira ne'ebe ba tau redi ka kail ikan, sira mós fó atensaun hela iha sor-sorin. Kuandu haree boek mosu ho volume bo'ot no hobur mahar-ne'e signifika boek sa'e. Sira balun halai lalais ba tasi ninin fó hatene ba sira nia kaben ka familia sira, nune'e inan no oan sira ne'ebe he'in hela tun ba tasi ho sira nia nere kompletu ho pasta ka sakola. Ema Manatuto sira toman uza nere bo'ot ne'ebe ka'er husi ema nain rua-feto ho feto no mane ho mane, dala ruma mós sira hili pár tuir ema nia aas hanesan para iha balansu wainhira ka'er nere no suru boek.

La'os de'it uza ekipamentus tradisionál tékniku ne'ebe mak sei eziste nafatin husi avó sira nian ba suru boek, maibé sei nafatin fiar ba kustume ka ritual ne'ebe mak avó sira uluk halo antes bá suru boek. Kada tinan to'o tempu suru boek, sei raut boek iha liman isin ida lori ba uma lulik hodi halo tuir hanesan simbólu ida katak lulik bele ka'er metin boek para bele sa'e nafatin to'o iha fulan Abril. Se wainhira la halo tuir kustume ida ne'e maka dala ruma boek sa'e dala ida ka dala rua de'it depois lakon filafali no la tuir tempu. Albina no Francisca konta istória foin daudaun: wainhira boek sa'e dahuluk no joven sira hotu tun haklalak hasai foto, maibé haluha tiha atu lori ba halo tuir lisan, no depois iha tempu ne'eba kedas boek la mosu tan ona.

Ba inan-feton barak iha Obrata, hanesan Albina ho Francisca, suru boek no ikan oan hodi halo balixaun no fa'an ipu fó moris ba sira, tanba hetan osan lalais. Nune'e mezmu suru boek iha tempu kalan mak dezafiu no iha risku bo'ot hanesan ataka husi lafaek, maibé la hamate sira nia vontade atu kontinua sira nia aktividade negósiu, tanba iha ona ligasaun ne'ebe dí'ak ho sosa na'in sira husi Dili no fatin seluk.

for the telltale signs whenever they are out setting their nets or lines. When thick schools of shrimp are observed, the fishers will quickly return to shore to inform their wives and families so everyone can go down to the beach with their scoop nets. These nets are handled by two people of around the same height, usually women paired with women, and men with men.

Not only are traditional equipment and techniques still used, but customary rituals and beliefs continue to be an important part of shrimp harvesting in Obrata. Each year, when the first shrimp of the season are caught, a handful are scooped up and taken to the sacred house of the family that has cultural custodianship of the natural resource. This ritual is important to ensure a long harvesting season; when it is not followed, sometimes the shrimp appear only once or twice before disappearing for the season. Albina and Francisca recounted a recent example: when the shrimp first appeared, a crowd of young people excitedly ran down taking photos but forgot to follow the custom and the shrimp did not appear again that season.

For many women in Obrata, like Albina and Francisca, catching shrimp and tiny fish to make and sell *balixaun* and *ipu* provides a good livelihood. Even though catching shrimp at night is challenging and there is a risk of attack from crocodiles, the women are motivated to continue their small businesses and have established good connections with regular customers from Dili and elsewhere.





## Reseita: *Kombinasaun aidila funan ho balixaun*

*Balixaun* mak tipu mollu ida ne'ebe halo husi boek ki'ik husi tasi, ho masin lokál ne'ebe prodús iha Manatuto.

Dahuluk, fase moos boek, depois fai ho lesu. Depois budu ho masin durante semana ida resin to'o nia nabeen, hafoin kumu no tais boek para haketak nia been no sos. Fai filafali sos boek to'o mamar didi'ak, depois kahur hamutuk ho nia been. Balixaun pruntu ona bele fui iha masa ka botir no bele han kedas ka rai to'o tinan ida.

Ema Manatuto sira dehan iha meius oiain hodi uza balixaun ba han. Gostu liu halo budu matak hanesan: kahur ho tomate ne'ebe seidak tasak lolos, aimanas, masin, liis mean no derok. Meius seluk, fila ho buat moruk hanesan: aidila tahan, fuan okir ka aidila funan – hanesan iha reseita ida ne'e.

Tia sira iha Obrata dehan: budu matak balixaun no modo moruk balixaun nia 'belun di'ak' mak aifarina da'an no etu husi foos rai. Sira ko'alia ho halimar: 'hmmmm gostu lossssssss ... inan sarani liu mós la liga tiha de'it hahahaha!'

**Servi ba 4**

### Ingrediente sira

Aidila funan	butuk 2
Masin	kanuru xá 1
Liis mutin	isín 4
Liis mean	ulun 1, nato'on
Aimanas fresku	fuan 4
Mina	kanuru han 1½
Balixaun	kanuru han 2

### Maneira atu te'in

1. Hamoos aidila funan no hasai tiha kain bo'ot sira, buti liu ho masin. Fase aidila funan ho bee moos hodi halakon meer.
2. Hamoos liis mutin, mean, aimanas. De'ut liis mutin ho aimanas no ko'a liis mean halo ki'ik.
3. Hamanas mina iha taxu laran. Tau liis mutin, liis mean no aimanas depois fila ba-mai to'o nia morin sai.
4. Tau *balixaun* kedok ba-mai to'o nia morin sai.
5. Tau tan aidila funan depois fila ba-mai to'o minutu 2-3.
6. Se koko mak ladun meer karik bele tau tan masin.
7. Foti sai tau iha bikan belar/modo. Servida ho etu ba hahan meudia ka kalan nian.

## Recipe: *Papaya flowers with balixaun (shrimp sauce)*

*Balixaun* is a type of sauce made from small saltwater shrimp and salt locally produced in Manatuto.

First the shrimp are washed, then pounded in a wooden mortar. The shrimp pulp is mixed with salt and left to pickle for a week or more until liquidised. It is then sieved and any remaining solids are pounded again and mixed back with the separated liquid. The *balixaun* is then ready to pour into clean bottles to be eaten immediately or stored for up to a year.

People from Manatuto say there is a variety of ways to eat *balixaun*. It is delicious as a dressing for a salsa-like salad (*budu matak*) made with half-cooked tomatoes, chillies, salt, red onions and chunks of lime. It is also often mixed with bitter vegetables, such as stir-fried papaya leaves, unripe fruit or papaya flowers – like in this recipe.

The women in Obrata say ‘the best friends’ of these *balixaun* dishes are boiled cassava and locally grown rice. They jokingly suggest this food is ‘soooo delicious you won’t stop eating even to greet your godmother if she visits!’

**Serves 4**

### Ingredients

2 piles (approx. 4 cups)	papaya flowers
1 teaspoon	salt
4 cloves	garlic
1 medium	red onion
4	chillies
1½ tablespoons	cooking oil
2 tablespoons	<i>balixaun</i> (shrimp sauce)

### Method

1. Pick over the papaya flowers, separate flowers and buds from small stems and discard any large stalks. Sprinkle with salt and massage it thoroughly into the flowers. Rinse with water to remove salt.
2. Peel/wash the garlic, onion and chillies. Crush the garlic and chillies. Finely chop the onion.
3. Heat the oil in a wok. Add the garlic, onion and chillies, and lightly stir-fry until fragrant.
4. Add the *balixaun* and stir until fragrant.
5. Add the papaya flowers and stir-fry over a medium heat for 2–3 minutes.
6. Add additional salt, if required.
7. Dish onto a plate. Serve with rice for lunch or dinner.

**Hahán kompleta**  
**Main meal**

Porsi 1: reseita te'in ona ¼ + etu\*\*  
1 portion: ¼ cooked recipe + rice\*\*



	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	1849 kJ	9 g	8 g	80 g	5 g	88 mg	7 mg	2 mg	2 µg
% konsumi loroloron % daily intake	21	19	11	26	17	11	58	15	<1

\*ho etu/with rice

\*\*Informasaun nutrisaun nian la inklui aidila funan./Nutritional information does not include papaya flowers.



## Reseita: *Budu matak tomate ho ipu (ikan oan lotuk)*

Ipu mak produtu ida ne'ebe halo husi ikan ki'ik oan ne'ebe ka'er uza nere iha Mota Manatuto (Laclo). Ikan ki'ik fase moos, kahur ho masin lokál depois enxe iha masa ka botir ki'ik. Hafoin semana ida, ipu pruntu ona ba han nomós bele rai to'o tinan ida.

Reseita tuir mai ne'e meius ida de'it ba uza ipu hodi aumenta sabór ba hahán.

**Servi ba 4, hanesan halo kompleta modo/budu**

### Ingrediente sira

Tomate bo'ot	fuan 1
Aimanas	fuan 4
Liis mean	ulun 1, nato'on
Ipu	kanuru han 1
Masin	kanuru xá ½
Pimenta	kanuru xá ½
Derok (been)	fuan 1

### Maneira atu budu

1. Fase moos tomate, aimanas no liis mean.
2. Ko'a tomate no aimanas ho modelu lotuk, no ko'a liis mean ho modelu belar.
3. Tau ipu iha manko (ki'ik), aumenta ho aimanas, liis mean, tomate, pimenta no masin.
4. Kumu derok hasai nia been kahur hamutuk no husik hela minutu 2-3.
5. Servida ho etu no modo tahan hanesan han meudia ka han kalan, ka han ho aifarina, talas ka hudi daan hanesan snek sai gostu liu tan.



# Recipe: *Spicy tomato salsa with ipu* (tiny fish pickled in salt)

*Ipu* is made from tiny fish caught with nets in the Laçlo (Manatuto) River. The fish are washed, mixed with locally produced salt and poured into small bottles. The *ipu* is ready to eat after a week, and can be stored for up to a year.

The following recipe is just one way of using *ipu* to add flavour to a dish.

**Serves 4, as a side dish**

## Ingredients

1 very large	tomato
4	chillies
1 medium	red onion
1 tablespoon	<i>ipu</i> (tiny fish pickled in salt)
½ teaspoon	salt
½ teaspoon	pepper
1	lemon or lime (for juice)

## Method

1. Wash the tomato and chillies, and peel the onion.
2. Slice the tomato and chillies into slender pieces. Cut the onion into wedges.
3. Pour the *ipu* into a small bowl and add the chopped ingredients. Season with salt and pepper.
4. Squeeze over the lemon juice, mix together and leave for 2–3 minutes.
5. Serve with rice and leafy vegetables as a main meal, or eat with boiled cassava, taro or banana as a tasty snack.

**Modo** Porsi 1: reseita te'in ona ¼  
**Side dish** 1 portion: ¼ cooked recipe

M

	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	152 kJ	2 g	<1 g	5 g	2 g	54 mg	1 mg	<1 mg	58 µg
% konsumi loroloron % daily intake	2	5	<1	2	6	7	7	3	8





*Suco Ililai - Lautém - Lautém*







## **Defariti no Uma Peskas iha Ililai**

Tinan hirak liu ba, WorldFish halo enkontru ida ho komunidadade sira iha Ililai-Laivai munisipiu Lautém atu introdús programa foun hasa'e aktividade vida moris peskas nian. Depois enkontru, ami hotu han meudia hamutuk, hanesan baibain enkontru ho komunidadade no eventu sira iha Timor-Leste. Momentu han meudia iha ne'eba, iha hahán husi tasi ida ne'ebe mak foun los mai ha'u – mezmú ha'u gosta han no koko han ona hahán oioin no hela besik tasi dezde sei ki'ik to'o bo'ot! Budu ne'e toradu no fresku halo husi tipu budutasi ne'ebe matak hanesan budutasi duni maibé ninia gostu la hanesan. Feto Ililai sira ne'ebe mak prepara ida ne'e esplika katak sira foti budutasi oin lima iha tasi ibun sira besik iha ne'eba. Ida ne'e sira bolu ho naran *defariti* (lian Makasae) ka *asu liman* (lian Tetun) tanba ninia testura ne'ebe kabuar hanesan bolaun no atu hanesan ho *asu nia liman* fuan ida okos.

Depois enkontru dahuluk, vizita sira tuir mai WorldFish serbisu hamutuk ho grupu membru komunidadade balun ne'ebe ho dedikasaun no suporta husi autoridade lokál Ililai nian, halo dezeñu no implementa atividade inisiativu ne'e. Grupú ne'e decide hari'i centru peskas ida hodi sira uza ba loke restaurante ki'ik no fa'an ikan. Hafoin dezeñu ba 'uma peska' iha ona no sira konkorda ba malu sé mak prepara material no serbisu, fetu no mane serbisu hamutuk kahur masa,

## **Defariti seaweed and the Fish House in Ililai**

A few years ago, WorldFish held a community meeting in Ililai-Laivai in Lautém municipality to introduce a new fishery livelihood enhancement program. After the meeting, we all ate lunch together, as is usual after community meetings and events in Timor-Leste. At that lunch, one of the seafood dishes was new to me – even though I love eating, have tried many kinds of food and grew up near the sea! It was a fresh, crispy salad made from a type of seaweed that was green like other seaweed but tasted quite different. The Ililai women who had prepared it explained that they collected five types of seaweed along the coast nearby. This one was called *defariti* (Makasae language) or *asu liman* (Tetun) – meaning 'dog's paw' – because its round, bumpy texture looks a bit like the underside of a dog's paw.

That first meeting led to many further visits as WorldFish worked together with a group of dedicated community members and the local Ililai authorities to design and implement the initiative. The group decided to build a fishery centre where they could open a small restaurant and sell fish. After the 'fish house' design was sketched out and it was agreed who would provide which materials and labour, women and men worked together to mix cement, lay the concrete blocks, collect sand and gravel

hada bloku, halibur rai henek no fatuk ki'ik atu ateru rai, kado ai no prega kaleen.

Atu fohan ba ekipa ne'ebe mak serbisu maka'as, membru grupu sira mós lori sira nia hahán husi to'os mai tau hamutuk hanesan: foos, batar, lakeru, no fehuk. Wainhira tasi di'ak (tun), mane sira mós tun ba tasi buka modo para aumenta tan iha meza. Wainhira tasi maran, Ama Peska Joaquina bolu fetomaluk sira seluk, kompletu ho sira nia bote no besi kro'at bá meti iha area ahu ruin hodi sukut kurita, ka'er kadiuk, nomós foti *defariti* budutasi.

Liuhosi esforsu membru grupu 30 nian ho kontinuasaun suporta ne'ebe mai husi autoridade lokál Ililai nian, grupu no uma centru peskas ofisialmente lansa ona iha fulan Agustu 2018, no agora sira nia restaurante ikan tunu no katupa harii ona. Budutasi *defariti* kontinua servi iha eventu sira iha komunidade, no agora koko han ona iha eventu nivel nasional iha Dili, wainhira inan-feto sira Ililai lori sira nia hahán lokál mai apresenta iha Forum Peskas Nasional iha 2018.

to level the floor, prepare timber and nail down the tin roof.

To feed the hardworking team, the group members gathered food from their gardens: rice, corn, pumpkin and potatoes. When the sea was calm, the men went out to catch fish to add to the table. At low tide, *Ama Peska* ('fishing mother') Joaquina would summon the other women to gather their baskets and sharp metal rods and head over to the rocky reef flats to prise out octopus, catch crabs and – of course – collect *defariti* seaweed.

Through the combined efforts of the 30 group members and the continued support of Ililai local authorities, the group and Fish House was officially launched in August 2018, and their fish and *katupa* restaurant is now established. *Defariti* seaweed salad continues to be served at community events, and has now even been tasted at an official national event in Dili, as the Ililai women brought this local dish to the 2018 National Fisheries Forum.





## Reseita: *Budu matak defariti*

Reseita budutasi ida ne'e mai husi Ililai iha Lautém. Ida ne'e baibain halo husi budutasi *defariti* ka asu liman, algae baibain kór matak moris iha fatuk leten no ahu ruín rahun sira iha área intertidal no subtidal. Espésies ida ne'e, dala ruma *Dictyosphaeria versluisii*, ho kompozisaun selula ne'ebe bo'ot hanesan bolaun ho nia testura fresku no toradu wainhira han.

**Servi ba 4, hanesan halo kompleta modo/budu**

### Ingrediente sira

Budutasi <i>defariti</i>	basia ki'ik 1 (maizumenus kopu 2)
Aimanas	fuan 6
Ailia	isin 1 (hanesan liman fuan, 6 cm)
Liis mutin	isin 3
Masin	kanuru xá ½
Liis mean	ulun 2
Liis tahan (ka ruku tahan)	tahan 4
Derok (been)	fuan 1
Pimenta	kanuru xá ¼

*Informasaun nutrisaun nian la iha.*

### Maneira atu budu

1. Hamoos *defariti* budutasi atu hasa'i fatuk rahun ka algae, no fase liu ho bee moos depois fase ho bee manas (hamamar lalais). Se bee manas la iha, bele mós uza bee malirin, maibé wainhira salada prepara ona taka metin durante minutu 5, antes servida.
2. Hamoos aimanas, ailia no liis mutin, no de'ut hamutuk ho masin. Hamoos no ko'a liis mean no liis tahan.
3. Hois derok been ba budutasi.
4. Tau aimanas, liis mutin no ailia de'ut depois kedok.
5. Tau tan liis mean, pimenta no liis tahan depois kedok.
6. Tau iha bandeja ruma atu servi iha meza ba bainaka sira.



## Recipe: *Defariti seaweed salad*

This recipe for seaweed salad comes from Ililai in Lautém. It is usually made with *defariti* (*asu liman*) seaweed, a common green alga that grows on rocks and coral rubble in intertidal and subtidal areas. This species, probably *Dictyosphaeria versluysii*, is composed of large bubble-like cells which give it a pleasant crisp and juicy texture when eaten.

**Serves 4, as a side dish**

### Ingredients

1 small bowl (approx. 2 cups)	<i>defariti</i> seaweed
6	chillies
1 finger-length piece (approx. 6 cm)	ginger
3 cloves	garlic
½ teaspoon	salt
2 small	red onions
4	spring onions (or basil leaves)
1	lime (for juice)
¼ teaspoon	pepper

*Nutritional information is not available.*

### Method

1. Pick over and clean the *defariti* seaweed to remove any pieces of rock or algae, wash thoroughly with fresh water, then rinse with hot water (to soften). If hot water is unavailable, once the salad is prepared, cover and allow to stand for 5 minutes before serving.
2. Wash/peel the chillies, ginger and garlic. Crush together with the salt to form a paste. Peel the red onions and slice along with the spring onions.
3. Squeeze the lime juice over the seaweed.
4. Add the chilli mixture and stir through the seaweed.
5. Add the onions and pepper and mix.
6. Dish onto a plate and serve.








*Suco Com - Lautém - Lautém*







## Dezafia stereótipu jéneru iha Com

Baibain iha Timor-Leste, ema hanoin katak mane sira de'it mak ba peska no feto sira mak te'in iha dapur. Maibé liuhosi istória ida ne'e, husi suco Com iha Munísipiu Lautém, bele troka ita nia hanoin no hatudu katak feto Timor oan sira mós bele hala'ó atividade peskas no mane Timor oan sira mós bele te'in hahán ne'ebe gostu hodi servi ba ema bainaka sira.

Iha comunidade barak ne'ebe besik tasi ninin, wainhira tasi maran, dala barak ita haree feto no labarik sira (nomós mane balun) la'ó neineik iha bee badak, hakiilik sira nia bote no kaer dima. Sira bá meti: kaer ikan, kadiuk no kurita, no hili sipu, foti budutasi no hahán sira seluk.

Iha Com, feto sira ne'ebe bá meti gosta liu buka kurita tanba folin dí'ak nomós restaurante sira iha tasi ibun baibain sosa mak sira nian. Bazeia ba esperiéncia tinan barak, entaun sira mós hatene momoos katak tempu atu hetan kurita mak hahú husi fulan Janeiru to'ó Abril no fulan Agustus to'ó Setembru kada tinan. Dala ruma tasi maran iha tempu kalan ka madrugada, antes rai nakaras, maibé feto sira nafatin bá meti uza lampada ka lampu.

Durante tempu kurita, iha fatin Kati Guest House & Restaurant nia menu hahán prioridade ida mak Kurita Bafa. Na'in no kuziñeiru, Angelo da Silva ho tinan 35, sosa kurita husi feto no labarik sira wainhira fila husi meti. Angelo, halo guest house

## Challenging gender stereotypes in Com

In Timor-Leste, it is typically thought that men are the only ones who go fishing, while women are the cooks in the kitchen. But this story from Com suco, Lautém municipality, challenges these stereotypes and demonstrates that Timorese women are also involved in fishing activities, and Timorese men can cook and serve delicious food to their guests.

In many coastal communities, when the tide is low, we often see women and children (and some men) with spears and baskets over their shoulders, wandering slowly along the reef flats or in shallow water. They are gleaned: catching fish, crabs and octopus, and collecting shellfish and seaweed as well as other food items.

In Com, women gleaners like to target octopus because it fetches a good price and the nearby beachside restaurants are usually willing to buy their catch. Based on years of experience, they know the best times for finding octopus are from January to April and August to September. Sometimes the low tide is at night or very early in the morning, before dawn – but still the women will go out onto the reef flats, carrying torches or lanterns.

During the octopus season, one of the main dishes on the menu at Kati Guest House and Restaurant is braised octopus. The owner and chef, 35-year-old Angelo da Silva, buys his octopus from the local women and



hetan ajudu husi ninia ekipa ki'ik maun alin nain rua seluk. Primeiru nia aprende ona te'in husi ninia bin sira no hetan mós treinamentu óspitalidade nian husi Governu liuhosi Diresaun Turizmo. Agora nia iha ona esperiéncia nato'on ba tinan 10, hodi te'in hahán tasi ho gostu no servi ba ninia bainaka sira. Ho ninia óspitalidade no hahalok dí'ak ne'ebe atende bainaka sira halo parte rua husi fornecedor kurita no bainaka sira apresia tebes!

children when they return from gleaning. Angelo runs the guesthouse assisted by his two brothers. He first learned to cook from his older sisters; he also received hospitality training from the Government of Timor-Leste through the Department of Tourism. He now has over 10 years of experience cooking tasty seafood and serving guests. His friendly manner and welcoming hospitality are appreciated by both his guests and his octopus suppliers!



## Reseita: *Kurita bafa Angelo nian*

Tuir mai reseita Kurita Bafa husi Angelo da Silva ne'ebe na'in ba Kati Guest House no Restaurante iha Com.

**Servi ba 4**

### Ingrediente sira

Ailia	isin 1, hanesan liman fuan (6 cm)
Liis mutin	isin 3, nato'on
Liis mean	ulun 1, nato'on
Kurita fresku	ulun 1, nato'on
Mina	kanuru han 1
Masin	kanuru xá ½
Pimenta	kanuru xá 1
Derok fuan (been)	fuan ½
Du'ut morin	kain 1
Derok asu (jeruk purut) tahan	3
Bombai	¼
Aimanas bo'ot/capsicum	fuan 1

### Maneira atu te'in

1. Hamoos ailia, liis mutin, liis mean, depois de'ut halo rahun/blender.
2. Hatun kurita iha bee nakali fila ba-mai dala ida hasai kedas.
3. Ko'a kurita halo ki'ik no kahur ho ailia, liis mutin, liis mean, mina, pimenta, masin, derok been no husik hela to'o minutu 15.
4. Tuku du'ut morin kain.
5. Tau kurita ho ingrediente sira ne'ebe ohin kahur ona iha sanan laran, aumenta ho derok tahan no du'ut morin iha sanan laran no taka sanan nia matan.
6. Hatuur iha ahi lakan ki'ik durante minutu 20, ka he'in to'o kurita nia kór mean uitoan, ne'e signifika katak tasak ona.
7. Ko'a bombai ho modelu kabuar no aimanas bo'ot ko'a naruk.
8. Iha minutu hirak nia laran antes atu hasai kurita husi ahi, aumenta bombai, aimanas no husik uito'an iha ahi leten para aumenta morin no gostu.
9. Servida ho etu ba han meudia ka kalan no servida ho hudi daan ba matabixu.



# Recipe: *Angelo's braised octopus*

This recipe is from chef Angelo da Silva who owns the Kati Guest House and Restaurant in Com.

**Serves 4**

## Ingredients

1 finger-length piece (approx. 6 cm)	ginger
3 cloves	garlic
1 medium	red onion
1 medium	fresh octopus
1 tablespoon	cooking oil
½ teaspoon	salt
1 teaspoon	pepper
½	lime (for juice)
1 stem	lemongrass
3	kaffir lime leaves
¼ large	white/brown onion
1	capsicum

## Method

1. Peel the ginger, garlic and red onion, then crush to a paste in a stone mortar or blender.
2. Place the octopus in boiling water, turn over once, then remove immediately.
3. Cut the octopus into small pieces and mix with the ginger mixture. Add oil, salt, pepper and lime juice, and leave to marinate for 15 minutes.
4. Pound the lemongrass stem.
5. Place the octopus and the marinade into a saucepan, add the kaffir lime leaves and crushed lemongrass and cover with a lid.
6. Cook on a low heat for 20 minutes or until the octopus is slightly red, indicating it is cooked.
7. Peel, then cut the white/brown onion into wedges. Wash the capsicum and slice into narrow strips.
8. A couple of minutes before removing the octopus from the heat, add the onion and capsicum and allow to lightly cook to enhance the aroma and taste.
9. Serve with rice for lunch or dinner, or with boiled bananas for breakfast.

## Hahán kompleta

### Main meal

Porsi 1: reseita te'in ona ¼ + etu

1 portion: ¼ cooked recipe + rice




	Enerjia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	2193 kJ	27 g	7 g	84 g	6 g	115 mg	10 mg	4 mg	128 µg
% konsumi loroloron % daily intake	25	54	10	27	20	14	82	31	17

\*ho etu/with rice



*Suco Irabin de Baixo - Uatucarbau - Viqueque*



## Memória furak husi tempu ha'u sei ki'ik ho dotuwai hamudara (ikan saboko)

Ha'u nia rai moris fatin suco Irabin de Baixo, munísipiu Viqueque, ne'ebe koñesidu ho ninia ambiente natural no matak: bee fresku no malirin suli husi mota Irabere; paizajen tasiibun ne'ebe furak husi Meta Oli to'o Kaihumuni; produktividade natar Baidubu no Kumuoli ba foos rai; Laguna Rubinahawai no Lawadari, ne'ebe tuir tempu simu hasoru ho Tasi Timor.

Wainhira ha'u sei ki'ik ho memória furak iha momentu ne'eba mak lia na'in sira loke Laguna Rubinahawai no Lawadari hodi ema bele ba suru ikan. Eventu ne'e akontese tinan ida/rua, iha tempu udan, wainhira lagua nakloke tama to'o tasi simu hasoru malu ho tasi, no bee sulin hanesan mota sulin ba tasi, ikan no animal sira seluk ba-mai entre tasi no lagua. Wainhira atu loke lagua ne'e, lora ida antes iha tempu ne'e lia na'in Makaki sei haklaken ba ema hotu-hotu tuir uma ida-idak hodi fó hatene aban loke lagua Lawadari/Rubinahawai. Ami labarik ki'ik sira ami senti waouuuuuuuuu tebes! Tanba sá? Tanba lora baibain kuandu ami bá tasi, Inan-aman sira sempre bandu ami husi fatin ida ne'e, tanba rai lulik, no okupa husi lafaek barak no razaun selu-seluk tan.

To'o lora eventu nian, baibain hili lora domingo depois fila husi igreja, ema hotu – feto no mane, ferik no katuas, joven no labarik sira – hotu-hotu la'o hamutuk rame-rame tun ba Laguna ho sira nia nere, dai no

## Wonderful childhood memories of dotuwai hamudara (ikan saboko or fish baked in palm leaves)

My home village, Irabin de Baixo suco in Viqueque municipality, is known for its lush natural surroundings: the fresh, cool water of the Irabere River; the beautiful beaches from Meta Oli to Kaihumuni; the productive Kumuoli and Baidubu rice fields; and the coastal lagoons of Rubinahawai and Lawadari, which seasonally join with the Timor Sea.

One of my favourite memories from my childhood was when the traditional elders allowed us to go fishing in Rubinahawai and Lawadari lagoons. This event only happened every one or two years, in the wet season, when the lagoons joined the sea like a river, and fish and other sea creatures could come and go. The day before the event, the traditional elder of Makaki community, whose family has cultural custodianship of the coastal area, went to each house to inform everyone that the lagoons would be opened for fishing. Wahoooo! This was very exciting for us young kids. Why? Because usually our parents forbade us from exploring this area: it was sacred land and inhabited by many crocodiles.

On the day of the event, usually a Sunday after church, a large crowd walked eagerly together down to one of the lagoons with their nets and baskets – mothers and fathers, old aunts and uncles, young people and children. Everyone wore a fresh, green

bote. Obrigatóriu ba ema hotu ne'ebe mak tama bee laran tenki kesi tali tahan matak iha ulun, hanesan fiar ida hodi fó protesau mai ita atu labele hetan atakes husi lafaek sira. Wainhira to'o iha lagua, lia na'in sira sei hamulak ho respeitu kultural, hodi husu lisensa ba espirtu natureza nian, depois tempu ba ema hotu-hotu atu hahú ka'er ikan husi hun ba to'o iha lagua rohan; mane sira ne'ebe ho dai tama tiha uluk, tuir feto no labarik sira ho nere husi klaran, no taka ho feto sira ho pár ka'er nere bo'ot. Rezultadu husi eventu ne'e halo ema hotu kontenti, kontenti tanba hetan ikan, kadiuk, tuna, boek – laiha ema ida mak fila ba uma ho pasta ka sakola mamuk.

Wainhira ha'u nia familia ka'er ikan barak ona, ami gosta tebes halo *dotuwai hamudara* (Nauoti) ka ikan *saboko*. Filafali ba uma liuhosi dalan ami para tesi ho kedas tali tahan atu halo *saboko* ikan. To'o ona iha uma ema hotu ajuda prepara temperus, maibé ha'u nia aman mak ema ne'ebe hatene dí'ak liu oinsá hili no hamoos ikan ne'ebe gostu ba halo *saboko*. Wainhira he'in *saboko* iha ahi leten ami mós halo aktividade seluk hanesan te'in etu, fo han animal, homan lafatik no konta istória iha ambiente ne'ebe nakonu ho domin.

palm leaf tied around their head, which we believed would provide protection from the crocodiles. Once at the lagoon, the traditional elder (*lia nain*) paid his respects to the natural spirits and ancestors and asked for permission to fish the lagoon. Then it was time to start fishing! We fished from one end of the lagoon to the other. First the men entered the shallows with their cast nets, followed by men, women and children with handheld nets; others carried large scoop nets which took two people to handle. On these days, everyone was happy. We caught fish, crabs, eels and shrimp – no-one went home with an empty basket.

When my family caught lots of fish, we loved to make *dotuwai hamudara* (Nauoti language) or *ikan saboko* (fish baked in palm leaves). On the way home from the lagoon, we stopped to cut leaves from the sago palm, needed to wrap the fish. Back at the house, everyone would help prepare the ingredients, but my father was the best at selecting and cleaning the fish. Then, while waiting for the *saboko* to cook in the fire, we would prepare the rice, feed our animals, weave baskets and tell stories, surrounded by family love.





## Reseita: *Dotuwai hamudara* (ikan saboko Viqueque nian)

Ikan saboko mak hahán tasi ida ne'ebe favóritu tebes ba komunidadade kosteiru sira iha Timor-Leste – inklui mós komunidadade Uatucarbau iha Viqueque, ne'ebe hanaran *dotuwai hamudara* iha lian Nauoti.

Halo ikan saboko persiza tempu no pasiénsia, maibé he'in de'it to'o ita loke saboko ne'ebe tunu ona no koko tok

ikan iha laran nia suar, manas, morin no tamun hela!

Tempu ne'ebe di'ak tebes atu halo saboko mak iha loraik, tanba rai/temperatura komesa malirin. Tuir ha'u nia esperiénsia hatudu katak ikan ne'ebe di'ak ba halo saboko mak ikan ki'ik sira hanesan ikan knase no sardina.

### Saboko falun 4 (nato'on ba 5)

### Ingrediente sira

Ikan knase (bele mós uza kualker ikan ki'ik)	20, nato'on (grama 90 kada ikan)
Aimanas	24
Ailia	isin 2
Liis mutin (prefere liis mutin ki'ik)	bokar/ulun 6
Liis mean	ulun 6
Ruku tahan	liman 1
Kata tahan/wae ate rae (ou uza amare tahan)	lafatik 1 (liman butuk 1)
Derok (been)	fuan 1
Masin	kanuru han 1½
Tali tahan (hodi falun)	4

### Maneira atu halo saboko

1. Wainhira prepara hela ingrediente, bele mós sunu daudaun ahi para fasil hetan nia klaak manas hodi bele te'in saboko.
2. Fase no hamoos ikan.
3. Hamoos, fase no de'ut hamutuk aimanas, ailia, liis mutin no liis mean. Hamoos no ko'a ruku tahan no kata tahan.
4. Prepara manko bo'ot, liman halo moos hodi tempru ikan ho aimanas, ailia, liis mutin, liis mean, ruku tahan, kata tahan, derok been no masin, depois rai oituan lai durante minutu 5–10.
5. Depois ikan ne'ebe tempru tiha ona falun ho tali tahan, falun ida ikan ulun 5, bobar/kesi metin nia ulun/ninin rua ho tali.
6. Hatuur iha ahi matan no uza ahi klaak iha okos, depois fila ba-mai durante oras ida nia laran.
7. Depois malirin kore/tesi tali iha ninin no servida ho etu.

## Recipe: *Fish baked in palm leaves (Viqueque style)*

*Ikan saboko*, or fish baked in palm leaves, is a favourite seafood dish of coastal communities around Timor-Leste – including in Uatucarbau in Viqueque, where it is called *dotuwai hamudara* in Nauoti language.

Making *ikan saboko* requires some time and patience, but just wait until you unwrap the charred leaf parcels and taste the steaming, spicy, smoky fish!

The best time to make this dish is in the afternoon when the temperature starts to cool down. From my experience, this recipe works well with small fish like mullet and sardines.

**Makes 4 saboko parcels  
(enough to serve 5)**

### Ingredients

20 small-medium (approximately 90 g per fish)	mullet (or any small fish)
24	green chillies (mild to medium heat)
2 finger-length pieces (approx. 12 cm)	ginger
6 bulbs	garlic (small variety)
6 small	red onions
1 handful	basil leaves
1 large handful	<i>kata</i> leaves (or substitute leaves from the ambarella tree)
1	lemon (for juice)
1½ tablespoons	salt
4	fan-shaped fronds from the sago palm (to wrap the fish)

### Method

1. While preparing the ingredients, start a fire to create hot coals for cooking the *saboko* parcels.
2. Scale, gut and wash the fish.
3. Wash/peel the chillies, ginger, garlic and onion and roughly crush together. Wash and roughly chop the basil leaves and *kata* leaves.
4. In a large bowl, add the fish, chilli mixture, basil and *kata* leaves, lemon juice and salt, toss together with clean hands and leave to marinate for 5–10 minutes.
5. Wrap the fish and seasoning ingredients in the palm leaves (5 fish per leaf) and tightly tie each end of the parcel.
6. Place on a metal grid or wooden frame above red-hot coals and bake for 1 hour, regularly turning the parcels.
7. Once cooled slightly, untie or cut off both ends, unwrap the leaf and serve with rice.

**Hahán kompleta**  
**Main meal**

Porsi 1: ikan ulun 4 + etu\*\*  
1 portion: 4 fish + rice\*\*



	Energia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	3255 kJ	39 g	27 g	88 g	9 g	204 mg	6 mg	4 mg	113 µg
% konsumi loroloron % daily intake	37	77	38	29	31	25	49	30	15

\*ho etu/with rice

\*\*Informasaun nutrisaun nian la inklui kata tahan./Nutritional information does not include *kata* leaves.








*Suco-Fatudere - Viqueque - Viqueque*





## Kontinua ho tradisaun tukir husi beiala sira

Serimónia kultural iha Timor-Leste baibain involve preparasaun no servi hahán ne'ebe ho kuantidade barak. Iha Adarai no parte seluk husi munísipiu Viqueque, te'in/tunu ho au pedasuk iha ahi leten ho koñesidu tukir sai hanesan parte importante husi eventu sira ne'e.

Te'in tukir uza dahuluk husi beiala no avo sira wainhira sira la'o dook husi uma atu kasa animal fuik sira iha ailaran ka he'in karau. Sira la lori sanan ka ekipamentus todan ruma iha sira nia viajen ne'e, maibé sira te'in de'it ho rekursu naturais ne'ebe hetan iha dalan hanesan au no tali tahan.

Husi istória orijen tukir etu no na'an mak sai parte husi serimónia importante ida ne'ebe dook husi uma, hanesan ritual tinan-tinan ne'ebe ho naran '*foko karbau*' iha lian Nauoti. Serimónia ne'e atu 'fase karau ain' ho nuu been, fó bensaun saúde dí'ak ba karau antes husik sira ba hala'i natar. Fatin serimonia besik karau luhan, no natar ne'ebe dook husi uma, nune'e fó oportunidade dí'ak atu kontinua tradisaun halo tukir.

Iha tempu Indonesia, au mós sai meius famozu ne'ebe dí'ak los hodi uza ba tukir hahán husi tasi, liuliu lenuk tolun sira ne'ebe foti husi tasi ibun hafoin sira sai mai tau tolun. Agora ema sira iha Adarai uza au ba tukir ikan iha tasi ibun ne'ebe ka'er besik iha area rumpon ne'ebe mak monta husi WorldFish.

## Continuing the ancestral tradition of cooking in bamboo (*tukir*)

Cultural ceremonies in Timor-Leste often involve preparing and serving large quantities of food. In Adarai community and other parts of Viqueque municipality, cooking food in short lengths of bamboo over a fire – a method known as *tukir* – is an important part of these events.

Cooking by *tukir* was first used by our grandfathers and their grandfathers when they travelled far from home to hunt animals in the forest or herd buffalo. They did not carry saucepans or other heavy equipment on these journeys, but cooked their food using natural resources found along the way, like bamboo and palm leaves.

From these origins, using bamboo to cook rice and meat became an important part of ceremonies away from home, like the annual ritual called '*foko karbau*' in the local Nauoti language. This event – to 'wash the buffaloes' legs' in coconut water – was carried out to bless the health of the buffaloes before releasing them to prepare the paddy. This took place near the buffalo stalls and rice fields, which were far from home, so provided the opportunity to continue the *tukir* tradition.

During Indonesian times, bamboo also became a popular way to cook and sell some types of seafood; in particular, turtle eggs, collected from sea turtles hunted when they came to shore to nest. Now, people in Adarai

Hanesan Xefi Suco Fatudere Paul Soares Felipe esplika, ho dalan ida ne'e, maneira te'in tradisional ne'ebe mak mai husi ita nia beiala sira buras nafatin no ohin loron sai hanesan parte importante husi identidade kultural lokál ida.

use bamboo to cook fish caught nearshore or around fish aggregation devices (FADs or *rumpon*) installed with the assistance of WorldFish.

The *xefi suco* (village chief) of Fatudere village, Paul Soares Felipe, explains that, in this way, this traditional method of cooking has been passed down from our ancestors and continues to thrive and remain an important part of local cultural identity today.







## Reseita: Ikan tukir (iha au)

Reseita ba ikan tukir ne'e mai husi Adarai, Viqueque. Ho esperiênsia nato'on husi peskadór Januario nian, ne'ebe lidera nia kolega grupu mane no fetu, sira hatudu mai ami oinsá atu halibur no kahur ingrediente sira, prepara ahi, enxe ikan ba iha au laran, no hatuur au iha ahi leten ho neineik. Ikan ki'ik to'o nato'on ezemplu: hanesan ikan kombong serve liu ho reseita ne'e – naran katak ikan sira ne'e bele hatama dí'ak ba iha au laran.

Halo tukir persiza tempu no esforsu maka'as, tanba ne'e dí'ak liu maka halo hamutuk iha grupu ho kolega sira ba loron bo'ot ka eventu spesiál ruma.

**Halo tukir 6 (nato'on ba 9)**

### Ingrediente sira

Ikan (hanesan ikan kombong)	ulun 36 (kada ikan ida ho grama 45–65)
Ailia	isin 4
Aimanas lotuk	12
Liis mutin lokál (ki'ik)	futun 2 (maizumenus ulun 12)
Liis mean	ulun 12
Kata tahan (ka uza amare tahan)	liman 2
Mera tahan ( <i>Sesuvium portulacastrum</i> )	liman 2
Ruku tahan	liman 2
Pimenta musan	kanuru xá 2
Masin	kanuru han 1½
Mina	kanuru han 1
Hudi tahan tomak	1–2
Au (betu) tukir	6 (maizumenus nia aas 50–60 cm no diametru 7 cm)



## Maneira atu halo tukir

1. Konstrui no prepara fatin ahi matan ida iha liur, prepara ba tukir bainhira tunu/te'in. (Uza aii ne'ebe foin tési, ka aii ne'ebe labele halo motuk lalais.) Tau ahi halo klaak daudaun ona.
2. Hamoos no fase ikan.
3. Hamoos no fase ingrediente hotu. De'ut ailia, aimanas, liis mutin no pimenta musan, no ko'a liis mean halo ki'ik.
4. Kahur hamutuk ingrediente hotu ne'ebe temi iha etapa 3, no mós kata tahan, ruku tahan, mera tahan no masin, iha basia laran. Tau mina depois buti liu.
5. Ko'a hudi tahan halo ki'ik tuir medida au nian, no tau iha au laran antes enxe ingridiente no ikan (kada au tenki tau uluk hudi tahan).
6. Enxe au: tau uluk temperus liman isin ida, depois ikan ulun ida, uza kesak ka aii ki'ik hodi kontinua enxe to'o dala 6 (ikan ulun 6 iha au tukir ida). Tau tan temperus liman isin ida iha au taka leten.
7. Sadere au tukir ba iha ahi ne'ebe prepara ona no kontinua bou ahi klaak tan.
8. Husik hela to'o minutu 15 hanesan ne'e depois fila tukir ba sorin seluk halo ahi klaak kona to'o minutu 15 tan.
9. Kontinua fila ba-mai kada minutu 5-10 to'o suar iha leten laiha ona. Uza aikesak tu ba tukir no koko ikan tasak ona ka lae.
10. Hasai tukir ne'ebe tasak ona husi ahi leten no rai iha fatin ruma halo malirin oituan, depois fera au tukir ho kuidadu no hasai tau iha bikan ruma depois pruntu ba servida.

Ikan tukir ninia gostu mak han ho etu tukir husi foos metan. Ida ne'e halo tuir prosesu ida atu hanesan ho tukir ikan. Tau uluk hudi tahan ba au laran. Enxe foos ba au to'o klaran. Depois fui tan bee to'o nakonu, husik de'it fatin mamuk 1-2 cm iha leten. Hatuur tukir iha ahi leten no fila beibeik. Tukir tenki hatuur iha ahi manas atu nune'e bele nakali. Koko ho ai kesak naruk - wainhira bee maran ona ne'e signifika tukir tasak ona. Hasai tukir husi ahi, he'in to'o malirin oituan depois fera no servida.

## Recipe: *Fish baked in bamboo*

This recipe for *ikan tukir* (fish baked in bamboo over a fire) comes from Adarai in Viqueque. Under the guidance of Januario, a fisher and expert *tukir* maker, the group of men and women showed us how to mix the ingredients, prepare the fire, fill the bamboo sections and bake them slowly over the fire. Small-to-medium-size fish like small mackerels (*Rastrelliger* spp.) work best for this recipe – just make sure they can fit whole inside the bamboo.

Cooking *tukir* does take time and effort, so enjoy the process with a group of friends and make it for a special occasion.

**Makes 6 *tukir* (enough to serve 9)**

### Ingredients

36 small–medium (approx. 45–65 g each)	fish (such as mackerel scad, <i>Rastrelliger</i> spp.)
4 finger-length pieces (approx. 24 cm)	ginger
12 small	chillies (hot)
2 bundles (approx. 12 bulbs)	garlic (small variety)
12	red shallots
2 handfuls	<i>kata</i> leaves (or substitute leaves from the ambarella tree)
2 handfuls	sea purslane leaves ( <i>Sesuvium portulacastrum</i> )
2 handfuls	basil leaves
2 teaspoons	peppercorns
1½ tablespoons	salt
1 tablespoon	cooking oil
1–2	banana leaves (whole)
6 sections (each around 50–60 cm long, with one end open and one end blocked at a natural stop)	bamboo (large variety, with approx. diameter of 7 cm)

## Method

1. Construct a simple frame across an outdoor fireplace to support the *tukir* while cooking. (Use a recently cut slender tree trunk or other material that will not burn quickly.) Start a fire to create hot coals.
2. Scale, gut and wash the fish.
3. Peel/wash the ginger, chillies, garlic, shallots, *kata* leaves, sea purslane leaves and basil leaves. Crush the ginger, chillies, garlic and peppercorns, and finely slice the onions.
4. Mix the seasoning ingredients (ginger mixture, onion, all the leaves) and salt in a large bowl, add oil and massage thoroughly.
5. Cut a rectangular section of clean banana leaf (based on bamboo size) and curl inside each bamboo section (as an inner lining).
6. Fill the bamboo: add a handful of seasoning mixture, followed by 1 fish. Use a long thin stick or skewer to gently push the fish down towards the base. Repeat the process until each bamboo section contains 6 fish. Finish with a handful of seasoning to loosely plug the top.
7. Lean the filled bamboo (*tukir*) upright in the fireplace, against the support frame and pile up the hot coals underneath one side.
8. Allow to cook for around 15 minutes, then turn the bamboo so that the other side faces the hot coals for another 15 minutes.
9. Continue to turn the bamboo every 5–10 minutes until steam is no longer rising from the top. Use a thin skewer to test if the fish are cooked.
10. Remove the *tukir* from the fire and allow to cool slightly. Carefully split the bamboo lengthways (using a machete or cane knife) and gently push the fish out onto a plate to serve.

A delicious accompaniment to *ikan tukir* is bamboo-cooked black rice. This is prepared following a similar process to the fish. First, curl a clean banana leaf section into a length of bamboo. Fill approximately half the bamboo with uncooked rice. Then fill with water, leaving a gap of 1–2 cm at the top. Place the *tukir* in the fire and turn occasionally. Ensure it is positioned so that the water inside is boiling. Test the rice with a long skewer – it should be cooked once all water has evaporated. Remove from the fire, allow to cool slightly, split open and serve.

### Hahán kompleta Main meal

Porsi 1: ikan ulun 4 + etu\*\*  
1 portion: 4 fish + rice\*\*



	Enerjia Energy	Proteina Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	2481 kJ	40 g	10 g	81 g	7 g	126 mg	4 mg	3 mg	205 µg
% konsumi loroloron % daily intake	29	80	14	26	23	16	34	23	27

\*ho etu/with rice

\*\*Informasaun nutrisaun nian la inklui kata tahan ou mera tahan./Nutritional information does not include *kata* leaves or sea purslane leaves.






*Suco Leokitu - Balibo - Bobonaro*







## Garantia aihan no osan sulin tama ho hakiak ikan nila

'Fila husi serbisu hateke ba kolam (debun) laran haree ikan sira nani ba-mai no rona bee nia lian ne'ebe nafurin husi ikan sira nia ibun halo ha'u nia laran hakmatek los, ida ne'e ajuda tebes hamenus todan sira iha ha'u nia ulun fatuk laran. Hahú ho hakiak ikan halo ha'u nia emosaun ba moris nian la hanesan ho uluk ona!

Elisabeth de Araujo hahú hakiak ikan nila iha rai pedasuk oan iha uma tatis iha Dili kuaze tinan 20 ona dezde tempu Timor-Leste ukun aan fofoun. Ho hakiak ikan nila la'os de'it sentimentu hakmatek ba nia, maibé mós fó hahán no osan oituan ba ninia familia. Mana Elisabeth gosta liu tunu/lalar no han hamutuk ho kolega sira wainhira hasoru malu.

Hakiak ikan nila iha kolam laran fasil – maibé uluk atu hetan fini ka ikan oan hodi hahú hakiak ne'e difisil los. Mana Elisabeth sorti tanba nia hetan fini husi ninia belun javenes ne'ebe lori mai husi Indonesia. Tempu agora fasil liu atu hetan ikan nila oan ne'ebe ho kualidade dí'ak iha Timor-Leste laran – no Timor oan barak liu mak hetan benefisiu husi hakiak ikan ida ne'e tanba bo'ot lalais no mós nakonu ho nutrisaun.

Iha tinan 2016 Ministériu Agrikultura no Peskas (MAP) serbisu hamutuk ho WorldFish liuhosi parseria Dezenvolvimentu Akikultura iha Timor-Leste instala sentru fini ikan oan iha Glenu munísipiu Ermera hodi introdús no hakiak fini ikan nila ho spesiés (monosex) ho naran 'GIFT' tilapia. Dezde hahú, sentru

## Guaranteeing the flow of meals and income with tilapia farming

'When I return home from work and glance into the pond, the sight of fish swimming to and fro, and the sound of water bubbling from their mouths, fills me with peace and helps relieve any burdens on my mind. My emotional wellbeing has improved since I started raising fish!'

Elisabeth de Araujo has been farming tilapia in a small pond at her home in Dili for around 20 years, since Timor-Leste's independence. The tilapia are not only a calming presence, but provide meals for her family and some extra income. Elisabeth particularly enjoys barbecuing and eating them together with friends.

Fattening up tilapia in a pond is easy – but in the past, it was difficult to find the fry (larvae) or fingerlings (young fish) to get started. Elisabeth was lucky to get some from a Javanese friend, who had brought them from Indonesia. These days, it is easier to find good-quality tilapia fingerlings in Timor-Leste, and more Timorese are benefitting from farming these fast-growing, nutritious fish.

In 2016, WorldFish and the Ministry of Agriculture and Fisheries (MAF), working together through the Partnership of Aquaculture Development in Timor-Leste, established a hatchery in Glenu, Ermera municipality, to breed and supply a genetically improved farmed tilapia variety (known as 'GIFT'). The hatchery has since

fini ikan oan ida ne'e distribui ona fini ikan sira juta rua resin ba komunidad sira ne'ebe mak iha interese hakarak hakiak. Spesiés no métodu hakiak ida ne'e hatudu rezultadu susesu husi sira ne'ebe hakiak ikan, no hasa'e rendimentu bo'ot ba familia sira, no hasa'e mós kuantidade ikan ba konsumu nian.

Atu responde ba ezijénsia ikan oan GIFT tilapia (monosex) ne'ebe mosu, no atu garante nia distribuisaun iha futuru, Worldfish no MAP daudaun ne'e instala ona sentru fini foun iha Suku Leohitu, Balibo. Iha tinan 2019 ofisiálmente entrega ba Abel da Silva ne'ebe iha ona esperiénsia barak ba hakiak ikan no nia familia sira atu jere hanesan negósiu grupu nian.

Ho rekursu bee ne'ebe ba tinan naruk, mezmu iha tempu bailoro no rai ne'ebe sei luan, tiu Abel ho nia familia sira garante no prontu distribui fini ikan oan GIFT tilapia ho kuantidade barak ba setór privada, papalele (vendedór ikan), grupu ka uma kain sira iha Timor laran tomak ne'ebe iha interese.

distributed over 2 million monosex GIFT fingerlings to community groups interested in fish farming. This improved variety and farming method has proved a success with Timorese fish farmers, resulting in both higher incomes and fish consumption.

To meet growing demand for monosex GIFT fingerlings and to guarantee future supply, WorldFish and MAF recently set up a new hatchery in Leohitu suco, Bobonaro municipality. In 2019, the hatchery was officially handed over to experienced local fish farmer Abel da Silva and his family to operate as a business.

With year-round water resources and spacious land, Mr da Silva's family business now ensures that fish farmers have access to good-quality GIFT fingerlings. They not only supply household fish farmers in the local community, but also sell to small aquaculture enterprises and traders who on-sell to household fish farmers throughout Timor-Leste.



## Reseita: *Aguasál ikan nila husi Leohitu*

Sentru Leohitu mak sai fatin seguru, ho paizajen ne'ebe matak no hale'u ho natar no to'os, anin fresku huu liuhosi aihun bo'ot no bee sulin lian husi kolam ikan nian.

Imelia Noronha hahú moris foun iha ne'e depois nia kaben no sai hanesan Abel da Silva nia feto foun. Nia aprende kona-ba ninia familia foun nia negósiu iha sentru ida ne'e, hahú hanoin oinsá nia bele te'in modo uza ikan nila ne'ebe hakiak iha familia sira nia kolam.

Mana Imelia fahe ninia ideia ho kolega sira, no hamutuk koko te'in modo oioin husi ikan nila. Durante ne'e sira te'in ona ho gostu: aguasál, lalar, sona, no kari iha eventu sira hanesan inagurasaun ba sentru ne'e rasik, treinamentu ka vizitante sira ne'ebe vizita iha sentru Leohitu.

Imelia haksolok tebes hodi fahe ninia reseita aguasál ikan nila, hanesan tuir mai ne'e.

### Servi ba 4

### Ingrediente sira

Ikan nila	ulun 4, ho todan grama 200
Derok (been)	fuan 1
Bee	kopu 3
Liis mutin	isin 4
Liis mean ki'ik	ulun 4
Pimenta musan	8
Masin	kanuru xá 1½
Sukaer la ho musan	pedasuk 2 (maizumenus hanesan kabuar ho diámetru 6 cm)
Tomate	fuan 2, nato'on
Du'ut morin	lolon 2
Ruku tahan	liman 1

### Maneira atu te'in

1. Hamoos no hasai ikan ten, tesi ba rua. Fase moos ikan ho bee, depois hoban ho derok been durante minute 2–3 atu halo lakon iis tahu. Fase moos fali ikan ho bee moos antes te'in.
2. Hamanas bee iha sanan.
3. Hamoos ailia no liis mean. De'ut hamutuk liis mutin, liis mean, pimenta musan ho masin.
4. Aumenta temperus ne'ebe de'ut rahun ona ho sukaer ba iha sanan no he'in to'o nakali.
5. Hatun ikan no da'an to'o maizumenus minutu 4 ho ahi ki'ik.
6. Ko'a tomate no tuku belar du'ut morin para nia morin bele sai.
7. Hatun du'ut morin ho tomate ba tan ikan no da'an hamutuk maizumenus to'o minutu 1.
8. Hasai aguasál tau iha manko no tau tan ruku tahan. Servida ho etu.

## Recipe: *Tilapia soup from Leohitu*

The Leohitu tilapia hatchery is a peaceful place, with its green surroundings of rice fields and gardens, a cool breeze blowing through the shady trees, and the sound of water trickling through the fish ponds.

Imelia Noronha started a new life here when she married her husband and became Abel da Silva's daughter-in-law. While learning about her new family's hatchery business, she began thinking about the meals she could cook using tilapia grown in the family's ponds.

Imelia shared her ideas with her friends and together they tried different ways of cooking the tilapia. They have since served tilapia soup, baked tilapia, fried tilapia and tilapia curry at the hatchery inauguration, training events and to other hatchery visitors.

Imelia was happy to share this recipe for *aguasál ikan nila* or tilapia soup.

**Serves 4**

### Ingredients

4 medium (approx. 200 g each)	tilapia
1	lime (for juice)
3 cups	water
4 cloves	garlic
4	red shallots
8	peppercorns
1½ teaspoons	salt
2 small balls (approx. 6 cm diameter)	tamarind pulp (without seeds)
2 medium	tomatoes
2 stems	lemongrass
1 handful	basil leaves

### Method

1. Scale and gut the fish, wash and cut in half. Soak in lime juice for 2–3 minutes to remove any muddy odour. Rinse with fresh water before cooking.
2. Heat water in a saucepan.
3. Peel the garlic and shallots, and crush together with the peppercorns and salt.
4. Add the garlic mixture and tamarind pulp to the saucepan and bring to the boil.
5. Add the fish and simmer for approximately 4 minutes.
6. Cut the tomatoes into wedges and gently pound the lemongrass stem to release the flavour.
7. Add the tomato and lemongrass to the fish broth, and simmer for another minute.
8. Ladle into bowls, add the basil leaves. Serve with rice.



**Hahán kompleta**  
**Main meal**

Porsi 1: reseita te'in ona 1/4 + etu  
1 portion: 1/4 cooked recipe + rice



	Energia Energy	Proteína Protein	Bokur Fat	Karbohidratu Carbohydrate	Fibra dietética Dietary fibre	Kalsium Calcium	Ferru Iron	Zinku Zinc	Vitamina A Vitamin A
Kuantidade Quantity	2238 kJ	31 g	3 g	90 g	8 g	219 mg	6 mg	3 mg	139 µg
% konsumi loroloron % daily intake	26	62	5	29	26	27	47	27	19

\*ho etu/with rice





## Informasaun nutrisaun nian

Estimasaun enerjia, makronutriente, no konteúdu mikronutriente ne'ebe hili ona husi kada reseita ne'ebe oferese husi kada porsi husi hahan ne'ebe te'in, ho porsi etu grama 300 ne'ebe mak persija/rekere. Ninia kalkulasaun bazeia ba iha konteúdu nutrisaun ba ingrediente ne'ebe sei matak, ne'ebe halo ajustamentu (kada nivel ingridiente) ho fatóres retensaun para atu konsidera maneira te'in nian, depois konta hamutuk ingridiente sira hotu, depois fahe tuir ba porsi totál ou numeru ema ne'ebe indika tuir reseita aihan nian. Konteúdu valór nutrisaun ingridiente no fatór retensaun ne'ebe barak mai husi FAO/INFOODS Kompozisaun Aihan ba Afrika Western 2019 (Vincent et al. 2020), ho mós valór adisaun husi Database Kompozisaun Alimentar Austrália nian (FSANZ 2019), Database Kompozisaun Alimentar Thailandia nian (INMU 2015), Reksten et al. (2020), Bogard et al. (2015) no Matanjun et al. (2009).

Persentajen nutrisaun ba han porsi ida loroloron fó sasukat ka indikasaun de'it, tanba rekizitus nutriente iha diferensia tuir grupu ka ema. Kalkulasaun bazeia ba dieta ema adultu nian ho 8700 kJ, proteína 50 g, bokur 70 g, karbohidratu 310 g, fibra dietética 30 g, kalsium 800 mg, ferru 12 mg, zinku 12 mg no vitamina A (ho retinol ekuivalente) 750 µg (Governu Austrália 2018a, b).

Kada reseita deskreve mós kona-ba aihan Proteína, aihan Mikronutriente, ka aihan Enerjia bazeia ba ingrediente prinsipál sira ne'ebe mak uza iha reseita:

- Aihan **Proteína** sira (ba kresimentu fíziku no mentalidade) inklui han na'an, na'an manu, ikan, mantolun, no produktu susubeen, fore no fore sira seluk.

## Nutritional information

The estimated energy, macronutrient and selected micronutrient content of each recipe is presented per portion of the cooked dish, with a 300 g portion of cooked rice where specified. Calculations are based on the nutrient content of raw ingredients, adjusted (at the ingredient level) by a retention factor to account for cooking method, summed for all ingredients, and divided by the number of portions in the recipe. Raw ingredient nutrient content values and retention factors were predominantly obtained from FAO/INFOODS Food Composition Table for Western Africa 2019 (Vincent et al. 2020), with additional values from the Australian Food Composition Database (FSANZ 2019), the Thai Food Composition Database (INMU 2015), Reksten et al. (2020), Bogard et al. (2015) and Matanjun et al. (2009).

The percentage of daily energy and nutrient requirements met by eating one portion is provided as an approximate indication only, as nutrient requirements differ for different groups of people. Calculations are based on an average adult diet of 8700 kJ, 50 g protein, 70 g fat, 310 g carbohydrate, 30 g dietary fibre, 800 mg calcium, 12 mg iron, 12 mg zinc and 750 µg vitamin A (retinol equivalents) (Australian Government 2018a, b).

Each recipe is also described as to whether it contains Protein, Micronutrient and/or Energy foods based on the main ingredients used in the recipe:

- **Protein** foods (for physical and mental growth and development) include meat, chicken, fish, eggs, milk, milk products, legumes, soy products and nuts.



- Aihan **Mikronutriente** (ba protesaun hasoru moras sira mak hanesan) inklui modo no aifuan sira, ne'ebe ho kór diferente; no aihan proteína sira mós riku ho mikronutriente.
- Aihan **Enerjia** (ba serbisu, aprende no halimar) mak hanesan batar, foos, terigu; aihan husi abut sira hanesan aifarina, fehuk midar no fehuk; bokur no mina.

Iha ne'e iha grupo aihan tolu ne'ebe mak rekomenda iha Timor Leste bazeia ba matadalan dietética ba aihan saudavel para atu han kada loron ba dieta saudavel (Ministeriu Saúde 2017), nune'e mak fokaliza iha reseita hirak ne'e.

- **Micronutrient** foods (for protection against many diseases) include all vegetables and fruits, in different colours; protein foods are also rich in micronutrients.
- **Energy** foods (for work, to learn and to play) include grains, such as corn, rice and wheat; root vegetables, such as cassava, sweet potato and potato; and oils and fats.

These are the three food groups recommended in Timor-Leste's food-based dietary guidelines to be eaten daily for a healthy diet (Ministry of Health 2017), and so are highlighted in these recipes.

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## *Komentáriu ikus liu*

Livru ida ne'e ninia objetivu maka atu konserva no valóriza aihan sira, hodi luta kontra ba iha aihan sira ne'ebe laiha nutrisaun ka valóres ne'ebe di'ak, ba iha comunidade sira iha urbanu no área rural ne'ebe mak ohin loron konsumu daudaun. Mundu ohin loron preokupa liu ho aihan sira ne'ebe mak ita han no oinsá maka ita bele prodús rasik. Livru ida ne'e foin ramata iha períodu surtu COVID-19, ho tempu ne'ebe bele sai hanesan istóriku ba iha sistema aihan global nian ne'ebe ohin loron hetan problema bo'ot. Mudansa ba iha produsaun aihan husi sentral komersial sira afeitada ona ba iha área rural nia moris. Medidas importante saida mak ita bele fó atensaun ba iha produsaun aihan doméstiku no nutrisionalmente ne'ebe kontinua ho forma identidade Timor nian, hanesan rekursu soberania aihan ne'ebe iha momentu inserteza nia laran.

## *Final remarks*

This book aims to preserve and instil pride in traditional food items and recipes to counter the use of convenience foods that have lower nutritional value but are permeating both urban and rural communities. The world is more concerned than ever about the food we eat and how we produce it. This book was completed during the COVID-19 pandemic period, a time in history when global food systems were experiencing large disruptions. Changes in trade of food from epicentres of production have permeated all the way into village life. How important then to draw our attention to the domestically produced and nutritionally rewarding foods that are continuing to form the food identity of Timorese people – a source of food sovereignty in an era of uncertainty.



# Agradesementu

Livru ne'e sei laiha se la ho ema sira ne'ebe mak ho laran di'ak fahe sira nia istória, reseita no hahán gustu, ka ajuda ho dalan seluk:

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- Mana Mariana husi Restaurante Marlelo beach (boek kari no ikan kukus)
- Jose Simão no Maria husi Empreza Di'ak, Super Mario husi Adara, no Alberto (istória Atauru nian)
- Arnaldo de Araujo Gomes (Kelo) husi Agora Food Studio (salada budutasi)
- Inacia Teme no Pedro Rodrigues (aimanas budu ba ikan maran)
- Elly ho Danny Lee husi restaurante Ocean View (kadiuk Padang ho istória)
- Rosa da Cunha (Ikan tunu no Istória Behau)
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- Albina no ninia feto maluk sira seluk husi Obrata ne'ebe halo balixaun no ipu (istória Manatuto nian)
- Meri (aidila funan ho balixaun no ipu salsa)
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Livru ne'e prodús husi programa WorldFish nian, hanesan parte ida kona-ba vida moris peskas sira nian iha Timor-Leste, no mós hala'o hanesan parte Programa Peskiza CGIAR nian kona-ba *Fish Agri-Food Systems* (FISH). Ho fundus ne'ebe mai husi *SwedBio*, programa ida iha *Stockholm Resilience Centre*, no *Australian Centre for International Agricultural Research*.

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Riku Soin Tasi fo Moris  
Ba Hau

A woman is walking away from the camera on a rocky beach at low tide. She is wearing a light blue t-shirt with the text "Riku Soin Tasi fo Moris" and "Ba Hau" on the back, blue denim shorts, and black flip-flops. She is carrying a large, woven, light-colored basket in her right hand. The ground is covered with wet, greenish-brown rocks and shallow water. The background shows a wide expanse of water and a sandy beach in the distance.





