**Participatory cooking demonstration guidelines**

**Fish Ball**

**Technical note:**

Fish ball is one of the improved nutritious recipes which can be served as a snack to adults and older children, or given to young children as a part of complementary feeding. As fish balls are easy to pack and carry they can be given to children as a school meal. They are a rich source of protein and micronutrients and can be eaten during the school day to provide satiety for long hours. Fish will help them to focus during classes and remain attentive.

**Cooking demonstration:**

**Step 1: Introduce participants to the recipe**

First tell the name of the recipe (Fish ball) and then tell the ingredients of the fish ball. Emphasize that this food is a balanced snack for children and adults as it provides three types of food groups such as energy giving, body building and body protecting.

Ingredients for a demonstration for 30 participants:

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Fresh fish with less bone  (tilapia or carp) | 1 kg | 6 pieces (medium size) |
| Eggs | 200 g | 4 pieces |
| Bread | 300 g | 10-12 pieces (middle size) |
| Green chili | 10 pieces | 10 pieces |
| Onion | 200 g | 4 pieces (medium size) |
| Coriander leaves | 70 g | 1 bunch |
| Ginger | 30 g | 2 Tsp |
| Black peeper | 5 g | 1 tsp |
| Oil | 250 g | 2 cup |
| Salt | 5 g | 1 tsp |
| Biscuit powder | 400 g | 2 ½ cup |

**Step 2: Now divide the group into 5 and distribute ingredients for preparatory tasks of the cooking demo as described in the tables below**

*Everyone wash their hands before starting the work*.

**Group1:** Receives fish, ginger, and spices.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Fresh fish with less bone (Big tilapia or carp) | 1 kg | 6 pieces (medium size) |
| Ginger | 30 g | 2 Tsp |

**Group 2:** Receives onion, chili and coriander leaves.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Green chili | 10 pieces | 10 pieces |
| Onion | 200 g | 4 pieces (medium size) |
| Coriander leaves | 70 g | 1 bunch |

**Group 3:** Receives eggs and biscuits to toast.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Eggs | 200 g | 4 pieces |
| Bread | 300 g | 10-12 pieces (middle size) |

**Group 4:** Receives Bread and collects prepared ingredients from group 2 and 3.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Biscuits | 400 g | 2 ½ cup |

**Group5:** Arrange utensils, water and fuel and finally take lead during cooking.

**Step 3: After distribution of ingredients details of preparatory tasks and cooking methods are to describe in following manner**

**Group 1:** Clean the fish and cut it into small pieces without bones. Mash ginger into a paste on a stone grinder. Boil small pieces of fish in water with salt, ginger paste and black pepper powder. Once fish is boiled carefully take out all bones and mash it.

**Group 2:** Wash and finely chop onion and coriander leaves.

**Group 3:** Wash eggs and beat them well in a bowl. Wash your hands thoroughly with soap after touching eggs. Soak bread in milk or water and when they are well soaked take them out and squeeze the water/milk out of them.

**Group 4:** Toast biscuits on a pan and mash them into a powder.

**Group 5:** Arrange utensils, water and fuel and finally take lead during cooking.

**Step 4: Now the facilitator will ask to group leaders to share their findings**

During sharing of group findings conversations between group leader and the facilitator are following: the facilitator will say “till now we all have completed preparatory tasks, let’s listen who did what?”

**Group 1:**

**Facilitator:** **What have you done?**

**Group leader:** First we washed our hands then cleaned the fish and then made small pieces and boiled small pieces of fish with salt, ginger paste, little black pepper powder. After that separated bones from boiled fish and then mashed it.

**Facilitator:** What are the benefits of eating fish?

**Group leader:** Fish isa nutritious body building food which helps children to grow healthy, and which support blood formation and prevent anaemia.

**Group 2:**

**Facilitator:** **What have you done?**

**Group leader: 2**: First we washed our hands then washed and chopped onion, coriander leaves, and chilies.

**Facilitator:** What is the benefit of adding coriander leaves and chilies in food?

**Group leader: 2:**  Chilies and coriander leaves protect body from disease and help our body to absorb the nutrients which are needed for blood building.

**Group 3:**

**Facilitator:** **What have you done?**

**Group leader:** First we washed our hands then soaked bread in water/milk. We washed eggs and beat them in a bowl. After touching eggs we washed our hands thoroughly with soap.

**Facilitator:** What are the benefits of eating eggs?

**Group leader:** Eggs are highly nutritious body building food. Eggs contain good quality protein and nutrients which are essential for children to grow healthy. They also keep eye healthy and protects body from disease. Eggs are very important for children and pregnant and lactating mothers. By rearing chickens or ducks we can easily get eggs.

**Group 4:**

**Facilitator:** **What have you done?**

**Group leader: 4:** First we have washed our hands then we toasted biscuits on a pan. We mashed toasted biscuits to a powder.

**Step 5: Cooking**

After completion of group work group 5 will start cooking. Other participants will actively observe the cooking demo.

**Cooking steps for fish ball:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Put all the ingredients: mashed fish, chopped onions, chilies, coriander leaves and soaked bread together in a bowl and mash into a mass |  |  |
| **2** | Shape the prepared mass into balls |  |  |
| **3** | Heat a pan with oil | *Oil should be heated well otherwise fish might be sticky with the pan.* |  |
| **4** | Dip balls in the beaten egg and then roll it in the biscuit powder. |  |  |
| **5** | Fry balls quickly, turning if necessary |  | Cook for each batch 5-7 minutes |
| **6** | Drain the cooked fish balls on absorbent paper. |  |  |

Now distribute the prepared fish balls among all the participants to taste.

**Step 6: Take feedback from the participants by asking below questions**

* How is the food?
* How many food groups are in the fish ball recipe?
* Which benefits we would get from this recipe?
* Is there anything new in this cooking method?
* Will you practice this recipe at home?
* Do you anticipate any problems when practicing this recipe at home?