

# Weh Wi Ga Fi Seh

Kip sayf fahn di vairoso! Kip op yu helt.

## Novemba 19, 2021

### HAPI GARIFUNA SETLMENT DAY tu aal a BILEEZ!

Wi mi fos yooz dis resipee eena Novemba 2012 fi di Kriol kalinda. Den wi mi bring it bak eena wi 2016 Garifuna Setlment Day aatiki. Tudeh, afta nof pipi tel wi seh dehn di chrai geh helti wid disya koroanavairoso stil di gi wi schres, wi disaid fi shyaagen. Fish da sohnting Bileez ga, ahn fish helti helti. Soh, if dis 2021 Garifuna Setlment Day ga yu jos di sidong hoahn sayka wi kyaahn di goh bowt tu moch sayka koroanavairoso, yu ku chrai mek wahn nais nais fish soop!

## FISH SOOP

Yu need: 1 Joo fish hed, er eni fish weh yoo waahn

1 pong pitayta	1 pong yaamz	1 $\frac{1}{2}$ pong kasaava
meedyom karats	1 meedyom oanyan	1 meedyom sweet pepa
$\frac{1}{2}$ pong okro	1 meedyom tomayto	$\frac{1}{2}$ teaspoon taim
4 plog gyaalik	3 abanayro pepa	$\frac{1}{2}$ teaspoon blak pepa
1-1 $\frac{1}{2}$ kwaat waata	1-2 pak kuknat milk poada	
3 big kolanchro leef	2 teaspoon seezn saal	

### How fi mek it

Peel ahn wash di grong food ahn di karats, ahn dais dehn op. Put dehn eena wahn pat wid wan kwaat a waata ahn bail sotay dehn saaf. Dais op di vejitablz; ad dehn, lang wid di okro, sohn brong flowa, di tomayto, ahn di seeznin. Den you put een di kuknat milk, di abanayro pepa ahn di kolanchro leef ahn bail dehn sotay saaf. Set di fish pahntap a di vejitablz soh mek ih noh brok op. Mek ih bail fi wahn neks 5-10 minits. Kot aaf di stoav. [If yu noa how, mek matilda fut ahn domplin tu!] Dis soop goh gud wid haad bail plaantin ahn wait rais. -----

Silvaana Udz, Ed.D da fahn Bileez. If yu waahn tel shee bowt sohnting speshal fu put eena dis Kriol aatiki, eemayl: [sudz142@gmail.com](mailto:sudz142@gmail.com) Vizit: [www.nationalkriolcouncil.org](http://www.nationalkriolcouncil.org)