

*Fish for the Future* is our calendar series celebrating the Lakshadweep Islands and their unique and sustainable pole and line tuna fishery. Since 2015, the calendars have highlighted community efforts in monitoring Lakshadweep's fisheries resources and the role that various stakeholders in fisheries can play in resource management.

This year's calendar showcases Lakshadweep's marine resources from **a culinary perspective**. Through the recipes featured here, the people of Lakshadweep share a piece of their island life with us.



# FISH FOR THE FUTURE 2023



# Meen Shandi

## Ingredients:

- 1. Fish parts (edible organs like liver, intestine, gonads and other stomach parts)
- 2. Coconut (grated) - 1
- 3. Rice - 250 g
- 4. Salt to taste

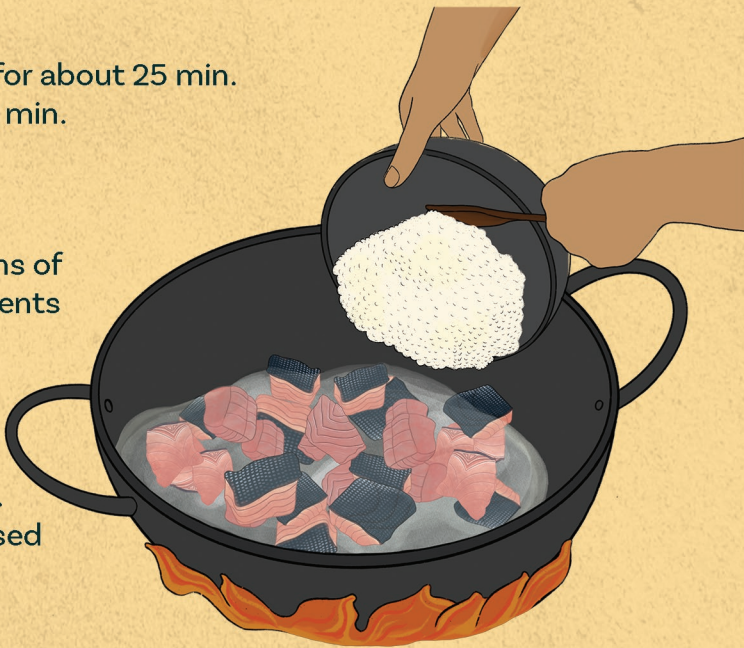


## Instructions:

- 1. Wash the fish parts well and boil them in water for about 25 min. Add rice and cook them together for another 10 min.
- 2. Drain the water by boiling repeatedly.
- 3. Add grated coconut and mix well.

Meen shandi was prepared by the older generations of Lakshadweep islanders, making use of the ingredients available back then and usually eaten along with black tea.

Parts of large fishes are generally used to make meen shandi. In the picture, yellowfin tuna is used. But trevally, sharks and large parrotfish are also used to make this traditional dish.



## JANUARY 2023

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01 New Year's Day  
26 Republic Day



# Meen Ittubende

## Ingredients:

1. Onion (chopped) - 1

2. Tomato (chopped) - 1

3. Curry leaves - 2 sprigs

4. Garlic (chopped) - 10 cloves

5. Ginger (crushed) - 1 small

6. Green chillies - 4

7. Fish (pieces) - 500 g
8. Rice - 1 kg

9. Coconut oil - 150 ml

10. Turmeric - 1 tsp

11. Coconut milk from half a coconut

12. Fried and crushed masala (cardamom, cloves, cinnamon bark, dried red chillies, coriander, black cumin seeds) - 4 tbsp



Fish like tuna, seer fish, and sailfish, which have fewer spines, can be cut into thicker slices. They also do not crumble easily when cooked and are hence generally used to make *meen ittubende*.

## Instructions:



1. Fry onions, tomato & curry leaves in coconut oil for about 10 min.



2. Once the onions change colour, add tuna and fry for another 5 min. Add fried chilli, salt, turmeric and water to it and cook the fish for 15-25 min.



3. Once the fish is cooked, add coconut milk, boil it for 5 min and then add rice and cook for another 15-20 min. Once the rice is cooked, *meen ittubende* is ready.

## FEBRUARY 2023

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| 18 Mahashivratri



# Mula Anni

## Ingredients:

- 1. Dried red chillies - 250 g
- 2. Garlic (chopped) - 1
- 3. Fenugreek seeds - 1 tsp
- 4. Surkka (homemade vinegar) - 200ml
- 5. Tuna fillets - 1 kg
- 6. Fresh coconut milk from 1 coconut

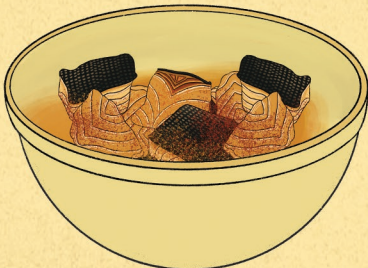


In the picture, mula anni is made with yellowfin tuna, but any fish can be used. Lagoon fish such as emperor fish and red snapper are the most delicious.

## Instructions:



1. Grind chillies, fenugreek and garlic in an ammi kallu (grinding stone). Add surkka to this paste.



2. Mix Tuna fillets with this paste. Add salt to taste and boil for 15 to 20 min.



3. After making sure that it is cooked, pour the coconut milk and boil for another 5 to 10 min. and then take the vessel out of the fireplace.

## MARCH 2023

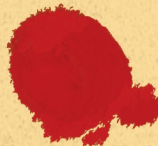
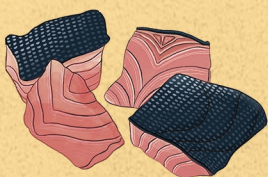
M	T	W	T	F	S	S	
		1	2	3	4	5	03 World Wildlife day
6	7	8	9	10	11	12	08 Holi
13	14	15	16	17	18	19	14 World Water day
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# Meen Idiyada

## Ingredients:

- 1. Fish - 250 g
- 2. Coconut (grated) from half a piece
- 3. Rice (grounded) - 250 g
- 4. Red chillies (roasted and crushed) - 3 tsp
- 5. Salt - 1 tsp
- 6. Chirani (Poovarasu) or Portia tree leaves



Generally, fishes like *choora* (Tuna) and *chameen* (Rainbow runner) are used to make *meen idiyada*. Other lagoon fish which can easily be skinned and de-boned can also be used.

## Instructions:

- 1. Boil tuna in salt and turmeric water for 10 min. Mix boiled tuna with grated coconut, ground rice, and red chilli powder with water to prepare a dough.
- 2. On a hot stone pan, lay some portia tree leaves. Spread the kneaded mix on it and cook for 30-45 min. Then, cover the top portion as well with leaves.
- 3. Cook on both sides till the dough becomes thick. Remove the leaves and keep *meen idiyada* directly on the hot stone pan for 10-15 min.



## APRIL 2023

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- 04 Mahavir Jayanti
- 07 Good Friday
- 09 Easter
- 14 Ambedkar Jayanti
- 14 Vishu
- 22 Eid-ul-Fitr





# Sattani Appam

## Ingredients:

1. Masmin/Hiki mas  
(Maldive fish) - 500 g

2. Plain rice - 500 g

3. Onions (chopped) - 3

4. Ginger - 100 g

5. Green Chillies - 250 g
6. Curry leaves - 1 to 2 sprigs

7. Coconut (grated) - 2

8. Lemon juice - 225 ml

9. Salt to taste

10. Any refined oil



Masmin is sun-dried and cured tuna of Lakshadweep.

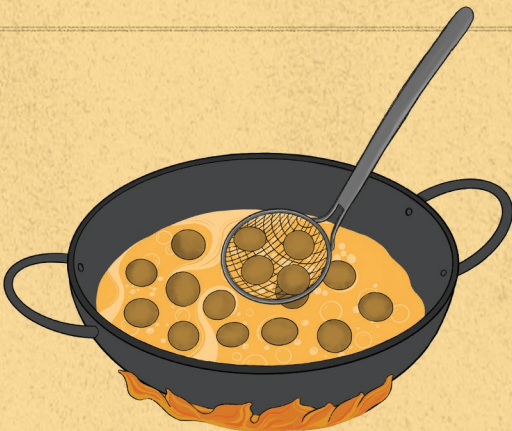
## Instructions:



1. Soak rice in water for 5 to 6 hours. Wash and mix rice with grated coconut and grind them finely by adding sufficient water to form a soft dough.



2. Prepare *sattani*, a paste with grated coconut, sliced *hikimas* pieces, onions, green chillies, curry leaves, ginger, lemon juice and salt to season.



3. Knead rice flour to prepare dough balls. Add the *sattani* filling and deep fry in oil to finish making *sattani appam*.

## MAY 2023

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- 01 May Day
- 02 World Tuna Day
- 05 Buddha Purnima



# Foreppi Rihaakuru

## Ingredients:

### For preparing paste

- 1. Red chillies (Dry) - 150 g
- 2. Onions (chopped) - 2
- 3. Coconut (grounded) - 1
- 4. Garlic (chopped) - 1
- 5. Black peppercorns - 5
- 6. Curry leaves - 1 sprig

### For the curry

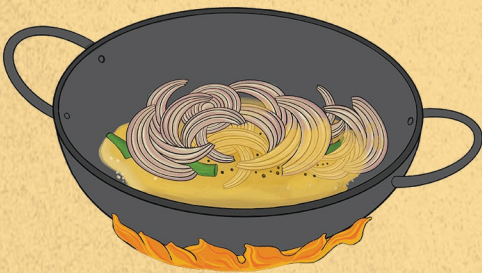
- 1. Rihaakuru (Fish sauce extracted while making Hiki mas) - 250 g
- 2. Refined oil - 50 ml
- 3. Onions (chopped) - 2
- 4. Curry leaves - 1 sprig
- 5. Fenugreek seeds - 3 ½ tsp



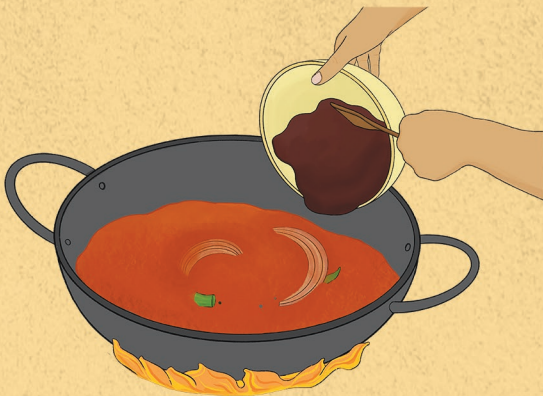
## Instructions:



1. Grind red chilli, onions, coconut powder, chopped garlic, peppercorns and curry leaves to form a thick rough paste.



2. Take a pan and heat the oil. Add chopped onions, curry leaves and fenugreek seeds to that. As it crackles, add the previously made paste and *rihaakuru* to the pan and stir until it gets fully mixed.



3. Cook for another 15 to 20 minutes until it becomes fully moistureless. Once it gets sticky in the pan, *foreppi rihaakuru* is ready to serve!

## JUNE 2023

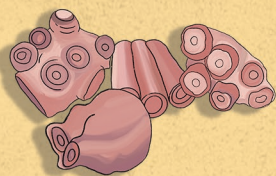
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01 World Reef Awareness Day  
08 World Oceans Day  
29 Eid-ul-Adha (Bakrid)



# Appal Pottiche

## Ingredients:



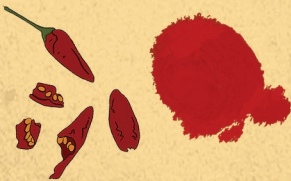
1. Octopus (chopped) - 1 kg



2. Surkka - 300 ml (homemade vinegar)



3. Any refined oil - 200 ml



4. Red chillies (ground) - 200 g



## Instructions:

- 1. Cook octopus with a small amount of water in a pressure cooker.
- 2. Sizzle the pressure-cooked octopus in a pan with ground chillies and surkka for 20-30 min.
- 3. As the water evaporates, add some oil to season and cook for 5 more min to dry and appal pottiche is ready. Salt is usually not added in appal pottiche.



## JULY 2023

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31

| 29 Muharram



# Tuna Pickle

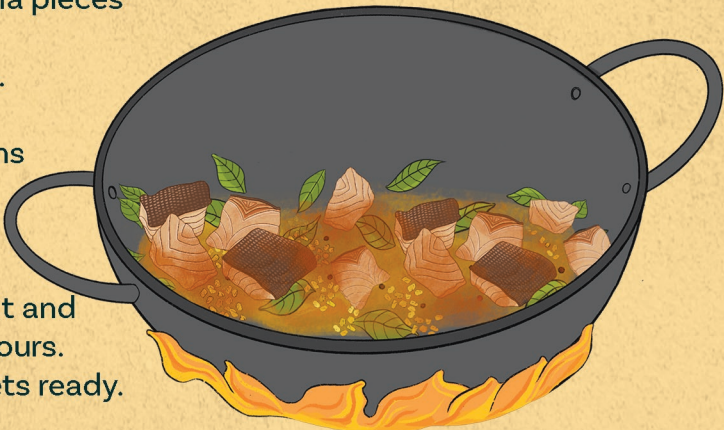
## Ingredients (for 50 kg pickle):

- 1. Yellowfin tuna (small pieces) - 50 kg
- 2. Any refined oil - 15 L
- 3. Mustard seeds - 100g
- 4. Asafoetida powder - 100 g
- 5. Red chillies (ground) - 3 kg
- 6. Fenugreek seeds - 100 g
- 7. Curry leaves - 120 g
- 8. Garlic (chopped) - 6 kg
- 9. Surkka (homemade vinegar) - 9 L



## Instructions:

- 1. Fry the tuna pieces in a fair amount of oil. Remove tuna pieces from the pan once it is fried.
- 2. Crackle mustard in the same oil and add curry leaves. Fry it and keep it aside.
- 3. Then put garlic in the same oil and when its color turns light red, add the fried fish to it.
- 4. Add surkka to the ground chillies and add these to the oil. Then add the seasoned curry leaves.
- 5. Add fenugreek seeds, asafoetida powder and salt to it and keep stirring continuously for one to one and a half hours.
- 6. As the surkka dries and oil rises up, the tuna pickle gets ready.



The cooked pickle should be transferred to another vessel only after it has fully cooled down. Do not transfer it to a bowl until completely cooled down or use a wet spoon as it will spoil the pickle. Yellowfin tuna is commonly used for making pickles this way.

## AUGUST 2023

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15 Independence Day  
19 Ganesh Chaturthi  
29 Thiruvonam



# Rihaakuru Fathafolhi

## Ingredients:

1. Plain rice - 250g

2. *Rihaakuru* - 1 tbsp

3. Lemon juice - 130 ml

4. Salt to taste

5. Coconut (grated) -1
6. Onions (chopped) - 2

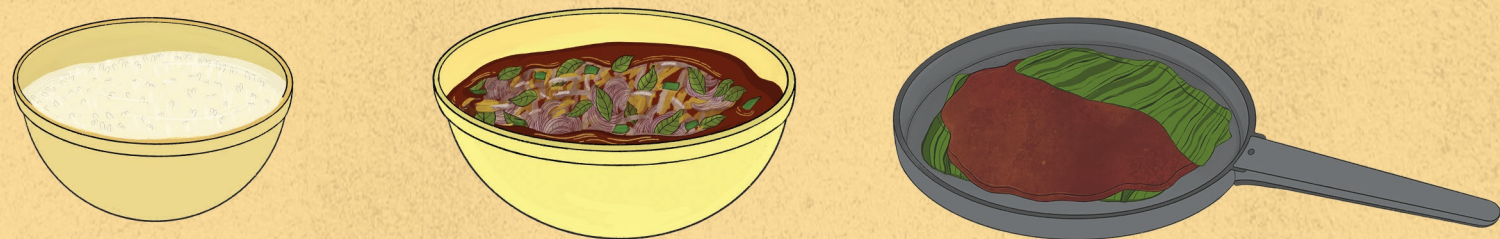
7. Ginger (crushed) - 1 piece

8. Green chillies - 10

9. Curry leaves - 1 sprig



## Instructions:



1. Soak rice for 5-6 hours, wash and grind them into a pulp by adding some water.

2. Into this mixture, add grated coconut, chopped onions, green chillies, ginger, and curry leaves and mix well. Add *Rihaakuru*, lemon juice and salt and knead in the mixture.

3. On a banana leaf, spread the dough and cover it. Cook both sides on a flat griddle and *Rihaakuru fathafolhi* is ready.

## SEPTEMBER 2023

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07 Janmashtami

28 Eid-e- Milad



# Shikku Thanni

## Ingredients:

- 1. Surkka (homemade vinegar) - 200 ml
- 2. Fish (cut into cubes) - 1 kg
- 3. Salt to taste
- 4. Water



## Instructions:

*Shikku thanni* is prepared by first adding *surkka* to the fish and then boiling the same in water with some salt for 15-20 mins.

A variety of fish can be used to make *shikku thanni*. Emperor fish, sweetlips, snapper, kingfish and tuna are most commonly used in the Lakshadweep islands to make this dish.

*Shikku thanni* is a staple food that was cooked in the past when resources were limited. Eating this with green chillies and grated coconut mixed in cooked rice was the usual.



## OCTOBER 2023

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02 Gandhi Jayanti  
24 Dussehra



# Mas Fookuthu/Mas Appam

## Ingredients:

1. Powdered Masmin/  
Hiki mas (Maldive fish  
powder) - 1 piece/200 g

2. Coconut (grated) - 1

3. Onion (chopped) - 1

4. Ginger - 1 piece/50 g

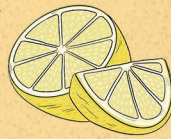
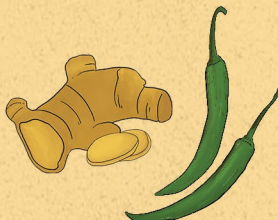
5. Green chillies - 3
6. Refined flour (Maida)  
- 300 g

7. Lemon juice - 45 ml

8. Salt to taste

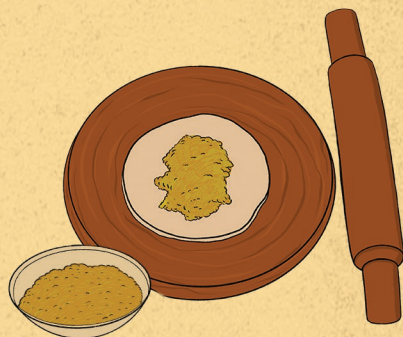
9. Ghee - 2 tsp

10. Refined oil - ½ L

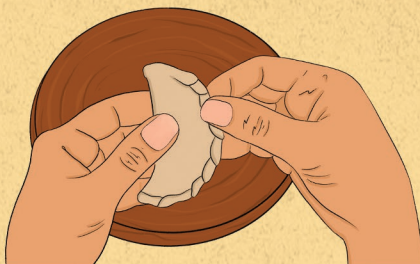


Masmin is sun-dried and cured tuna of Lakshadweep.

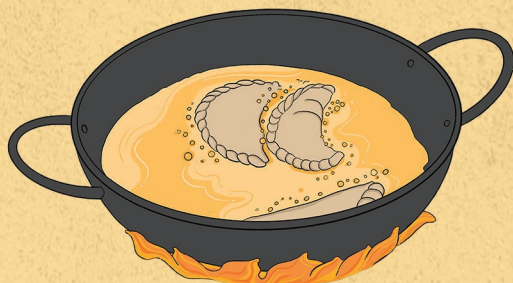
## Instructions:



1. Prepare *mas satani* by mixing powdered *hiki mas*, grated coconut, chopped onions, ginger and green chillies with seasoning and lemon juice.



2. Knead dough using refined flour, warm water and ghee to make round shapes and use *mas satani* as a filling. Seal the dough around the edges.



3. Deep fry in oil to have your *mas fookuthu*!

## NOVEMBER 2023

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- 01 Lakshadweep Day
- 12 Deepavali
- 21 World Fisheries Day
- 27 Guru Nanak Jayanti



# Hiki Rai Riha

## Ingredients:

### For curry paste

- 1. Kashmiri chillies - 1 cup
- 2. Cumin seeds - 2 tsp
- 3. Coriander seeds - 2 tsp
- 4. Fennel seeds - 1 tsp
- 5. Curry leaves - 1 sprig
- 6. Onion (chopped) - 1
- 7. Garlic (peeled)- 12 cloves
- 8. Cloves (whole) - 3-4
- 9. Turmeric powder - ½ tsp

### For the curry

- 1. Ground curry paste
- 2. Onion (sliced) - 1
- 3. Fenugreek seeds - 1 tsp
- 4. Tomatoes (chopped) - 2
- 5. Curry leaves - 1 sprig
- 6. Thick coconut milk from 1 coconut
- 7. Dried / fresh tuna pieces - 500 g
- 8. Oil - 100 ml



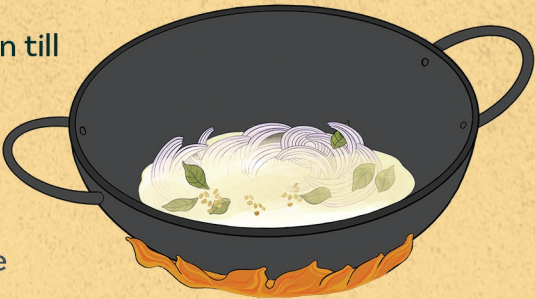
## Instructions:

### For the curry paste:

Make a thick paste out of all the ingredients. Heat the paste in a pan till it simmers.

### For the curry:

- 1. In a kadhai, pour a little bit of thick coconut milk, fenugreek seeds, curry leaves and sliced onions.
- 2. Saute the onions in oil till it becomes translucent, followed by the tomatoes.
- 3. To this, add the ground curry paste and saute till oil separates from the masala.
- 4. Add the remaining coconut milk and let it boil.
- 5. Add the sliced tuna pieces and salt as per taste and allow the gravy to thicken.



## DECEMBER 2023

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| 25 Christmas





Dakshin Foundation is a non-profit, non-governmental organization that works towards natural resource conservation and management through approaches that are based on sound science while promoting sustainable livelihoods, social development, and environmental justice. In Lakshadweep, our work aims to strengthen fisheries co-management by engaging with the local fishing community and other fishery stakeholders. Through stakeholder participation, we hope to increase stewardship as well as provide a platform for policy-making and management.

Dakshin Foundation's community-based fisheries monitoring programme in Lakshadweep was co-created with fishers and began in January 2014 with the intention to involve fishers in knowledge generation and fisheries management. The larger aim of the programme is to strengthen the pole and line fishery to ensure sustainable livelihoods while preserving marine biodiversity. The programme is adapted from time to time to meet the requirements of the community.

Our work in the Lakshadweep Islands is supported by the Lakshadweep Administration, Department of Science and Technology, Department of Fisheries and Department of Environment and Forests. We would like to particularly thank the Lakshadweep fishing community without whom this work would not have been possible.

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