

Federated States of Micronesia

Sunday Soup

Sunday soup is an important part of the culture of the Federated States of Micronesia. The delicious fish soup gathers families and communities together, and is a proud part of the national identity.

Australian volunteer Nikisha first made *Sunday soup* with her island nohno, Monique, as an offering when Monique's nephew was going to ask for a woman's hand in marriage. In Pohnpei the whole family gets involved at a time of marriage, in the hope that the future wife's family will offer their blessing.

Ingredients

1kg tuna, cut into large chunks
Water
3 cups rice
1 ½ cups of coconut milk
Salt and pepper to taste

Method

Place tuna into a large saucepan and cover well with water. Boil for around an hour or until cooked through. Remove from water when cooked.

While tuna is cooking, cook rice in a separate saucepan, using two and a half cups of water for every cup of rice.

Boil rice for around 10 minutes until cooked. There should still be plenty of water in the saucepan. Add salt and pepper to taste.

Add fish slowly to the rice mixture while stirring. Simmer until the water has reduced and the soup has a thick consistency.

Remove from heat and add coconut milk. Serve.

Tips

Locals have different variations of this recipe, which makes use of the ingredients available in this region. Breadfruit and green bananas also make great additions.

Yap, Federated States of Micronesia.
Photo: Darren James, 2019.

