

## **Sweet potato and Callaloo Galette:**

### **Ingredients.**

50g/4tbsp olive oil, margarine or butter

1 onion roughly chopped

2 scallions (spring onion) chopped

½ red, ½ yellow & ½ green pimento (sweet pepper) roughly chopped or sliced

2 garlic cloves chopped or pressed

1 tsp chopped thyme (fresh or dried)

4 tomatoes (plum or salad) chopped

535g/19oz (tin) Callaloo, drained or equivalent amount cooked spinach

1kg/2lb sweet potatoes, peeled and thinly sliced approx. 5mm/1/4 inch thick

½ tsp ground Jamaican allspice

½ scotch bonnet chopped roughly(optional)

Salt n pepper to taste

### **Method.**

Preheat oven 180c/350f or Gas mark 4

Place frying pan onto stove moderate heat, add 2tbsp olive oil, add onions, mixed pimento, scallions or spring onions, garlic, chopped tomatoes, chopped thyme and sauté (lightly fry), add drained Callaloo, chopped scotch bonnet, Jamaican Allspice and season with salt n pepper to taste. Stir well and turn heat off and allow to cool.

Peel sweet potatoes, with peeler or knife. Slice thinly place slices into stainless steel bowl or suitable container, drizzle with olive oil, margarine or melted butter.

Melt margarine or butter in a saucepan and remove from heat when melted.

In a oven proof dish or baking tray grease with olive oil, margarine or butter and begin by placing a layer of sliced sweet potato and season liberally with salt n black pepper repeat 4 times. Pour half of sauté callaloo on top and spread evenly. Place 4 layers of sliced sweet potato as previously followed by remaining sauté Callaloo topped by final 4 layers of sweet potato, press lightly cover with grease proof paper and foil paper. Put into preheated oven and bake till cooked.

Serves 4. Preparation time 20 minutes + 45 minutes cooking time.