

From the kitchen of chef Euten Lindsay, Fusion Cuisine

Ackee & Saltfish (Jamaica's national dish)



Serves 6

Prep time: 15 minutes plus 2 hours soaking

Cooking time: approx 10 minutes

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| 1kg / 2lb salt cod fish | 2 garlic cloves, crushed |
| 2 tablespoon cooking oil | 1 teaspoon chopped fresh thyme |
| 1 onion chopped | 2 tomatoes, chopped |
| 2 scallions (spring onion) chopped | 2 x 535g tins ackee |
| ½ Scotch bonnet pepper, de-seeded and chopped | Salt and black pepper to taste |

- 1 Drain the cod fish, remove all bones and skin, flake the flesh.
- 2 Heat the oil in a large Dutch pot or frying pan, add onions, scallions, Scotch bonnet and garlic. Fry over a low heat until the onion is transparent. Add fresh thyme.
- 3 Add the flaked salt fish and fry, stirring constantly, for three minutes.
- 4 Add chopped tomatoes and drained ackees.
- 5 Toss gently or stir carefully so the ackees are not broken.
- 6 Sprinkle salt (if necessary) and black pepper to taste before serving.

Serve with rice and peas, and fried plantain.

Notes

There are two methods of preparing the salted cod fish. As it's very salty and dry, it must either be soaked overnight or boiled two or three times (changing the water in between) until the desired level of saltiness has been reached. Tinned versions, ready to use, are available depending on location.

