

Jamaican Ackee & Saltfish

1 dozen fresh ackee (cleaned and blanched in salt water – alternatively 1 tin of caned ackee)
6 oz saltfish – soaked overnight in cold water then boiled for 20 minutes and picked (bones removed)
1 small onion – chopped
1 clove garlic – finely chopped
¼ Scotch Bonnet Pepper – finely chopped
Sprig of fresh Thyme
2 stalks scallion – chopped
6 pimento berries
1 small tomato – cut into strips
3 tbsp Coconut Oil
Black pepper to taste

- In a heavy skillet heat the coconut oil.
- Add pimento.
- Add onion, garlic, thyme, scotch bonnet and scallion and sauté for 2 minutes.
- Add the picked codfish and sauté for 2 minutes.
- Add tomato and sauté for 2 more minutes.
- Add ackee last. Season with black pepper and allow to heat ackee (for one minute). Do not stir too much otherwise ackee will break up and get very mushy.
- Depending of the saltiness of the codfish, you might have to add a little extra salt last.

Steamed Calaloo

2 cups chopped Calaloo (This is a Caribbean leafy vegetable. Spinach can be a good substitute for those who cannot find at their local grocery store.)
2 2bsp olive oil
½ small onion – cut into strips
1 clove garlic – chopped
½ small carrot – julienne
1 sprig thyme
1 stalk scallion – chopped
1 oz salted butter
½ small tomato – cut into strips
¼ cup vegetable stock
Salt / pepper to taste

- Heat olive oil in a heavy skillet.
- Add onion, garlic, carrot, thyme, scallion and tomato and sauté for 2 minutes.
- Add Calaloo and sauté for 1 minute.
- Add butter and vegetable stock, cover pan and allow to cook for about 3 minutes – or until callaloo is done. Do not overcook, otherwise calaloo will turn grey.
- Check seasoning and adjust with salt and pepper.

