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Prep time: 30-45mins | Cooking time: 15-25mins
Amounts listed can feed ~10 people

Ingredients:

- 1 lb of saltfish (dried boneless salted codfish)
- 3 cans of ackee
- 1 yellow onions
- 1 tsp of black pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- Coconut Oil
- 2 tomatoes
- Dash of salt (optional)

Preparation:

- Place saltfish in cold water and bring to a boil for approximately 15 minutes. Once the fish is tender and is seemingly cooked, use a strainer to drain out the water. Place the fish back in the pot, add cold water, and bring to a boil again for approximately 15 minutes. Strain and drain.
- Add cold water to a pot and add minimal salt to it. Bring water to a boil and then place ackee in the pot. Cook for 15 minutes.
- Chop up the onions, red and green bell peppers, and tomatoes while the fish and ackee are boiling.
- Remove any bones and skin from the fish (if applicable).

Cooking:

- Add an adequate amount of coconut oil, onions, red and green bell peppers, and black pepper to a pan and cook over medium heat for about 5 minutes. Stir periodically to prevent food from burning and sticking to pan.
- Add the tomatoes and saltfish and cook for an additional 10 minutes.
- Add the ackee and cook for approximately 10 minutes over medium-low heat. Stir gently to avoid breaking up of the ackee.

*Final product should have little to no salt. Add salt as desired.

Ackee and Saltfish Link:

http://www.jamaicatravelandculture.com/food_and_drink/ackee_and_saltfish.htm

White Rice

Prep Time: 5-10 minutes | Cook Time: 15-30 minutes

Amounts can feed ~10 people

Ingredients:

- 2 cups of white rice
- 4 cups water
- 1 tsp butter
- Salt (optional)

Preparation:

- Rinse rice
- Bring water, butter, and salt to a boil

Cooking:

- Stir rice into boiling water and return mixture to a boil. Be sure to reduce heat to a simmer.
- Cover and cook rice for 15-20 minutes. Do not lift cover before the 15 minutes is up. The rice should have holes throughout it when cooked.
- Let stand, covered, for 5 minutes on lowest heat setting and fluff with a fork.

White Rice Link:

<http://www.marthastewart.com/338796/perfect-white-rice>

Fried Ripe Plantain

Prep time: 5-10 minutes | Cooking time: 10-15 minutes

Amount can serve ~10 people

Ingredients:

- 4 ripe plantains
- Coconut oil

Preparation:

- Heat a pan of adequate coconut oil over a medium-low heat
- Peel the plantains and cut them diagonally or in medium slices

Cooking:

- Place one plantain piece in the pan and make sure that the pan is hot enough to begin frying. If the pan is hot enough, fry the plantain on one side until golden brown.
- Turn the pieces onto the other side until golden brown as well. Be sure to turn them periodically and as needed to prevent burning.
- Place cooked pieces on paper towels lying on a plate.

Fried Ripe Plantain Link:

<http://latinfood.about.com/od/saladsdressings/r/fried-ripe-plantains.htm>