



Ackee & Saltfish

Ingredients

- 2 cans ackee
- 2 roma tomatoes, rough cut
- 2 medium white onions, rough cut
- 1 green bell pepper, rough cut
- 1 yellow bell pepper, rough cut
- 1 red bell pepper, rough cut
- 1 bunch fresh thyme, fine cut
- 4 cloves garlic, rough cut
- 1 cup salted boneless codfish bites, rough cut
- 1/2 teaspoon scotch bonnet pepper, minced
- 1/2 cup vegetable oil
- Kosher salt, to taste
- Black pepper, to taste
- Pimento (allspice), to taste

Directions:

- Boil the salted boneless codfish bites for 15 minutes, let sit to cool.
- Drain ackee into strainer and rinse the ackee with cool water, drain off the water.
- Place pegs of ackee onto a lined platter or plate with parchment paper or plastic wrap and place in freezer until firm.
- Heat the oil in a wide brimmed pot on a medium flame.
- Add in the rough-cut onions, bell peppers, finely chopped scotch bonnet, add chopped garlic, fresh thyme, black pepper, and allspice. Sauté until translucent.
- Add the salted cod pieces and cook on medium for about 5 minutes.
- Add rough chopped tomato and combine.
- Add the ackee to the pot and gently fold into the mixture then cover and cook for 3 minutes.



Zobo

Ingredients

- 1 cup zobo leaves (hibiscus or sorrel flowers)
- 1 whole pineapple, cut
- 1 orange, cut
- 2 thumbs size ginger, minced
- 4 cloves
- 1/4 cup sugar

Directions:

- Add the zobo leaves in a pot and pour in water
- Add in the grated ginger, cloves, orange cut up and pineapple cut up.
- Cover pot and leave to boil for 30 minutes.
- Add sugar, give it a good stir and leave to cool.
- Sieve through a fine mesh and chill in the fridge.
- Serve chilled



Saltfish Fritters

Ingredients

- 1 1/2 cups flour
- 8 ounces saltfish, soaked, deboned and flaked
- 1 medium onion, chopped
- 1 stalk scallion, chopped
- 1 medium tomato, diced
- 1 cup water or milk
- 1 medium egg (optional)
- 1 teaspoon salt (optional)
- 1/2 teaspoon black pepper
- 1 teaspoon scotch bonnet pepper, deseed, finely chopped
- 1/2 cup vegetable oil

Directions:

- In a large bowl add flour, flaked saltfish, chopped onion, scallion and diced tomatoes and mix well.
- Gradually add water to make a smooth batter, then egg (if used). Batter should be thick and of a dropping consistency.
- Season with salt (if used), black pepper and scotch bonnet pepper.
- In a large skillet heat vegetable oil, drop batter by tablespoons full into hot oil and fry until brown on one side, turn and continue frying until done.
- Drain on absorbent paper towel. Serve hot.
- Method Note: Saltfish may be soaked overnight or boiled for 30 minutes.



Bofrot

Ingredients

- 2 cups warm water
- 2 1/4 teaspoons active dry yeast (1 packet)
- 3 1/2 cups flour
- 1/2 – 3/4 cup sugar
- 1/2 tablespoon salt
- Oil for deep frying

Directions:

- Mix salt, sugar, water, and yeast. Set aside for 5 minutes.
- Add flour and mix. Let the mixture rise for approximately 1-2 hours.
- In a large saucepan, pour vegetable oil into a pot until it's at least 3 inches deep, heat on low. Too little oil will result in flatter balls.
- Test to make sure the oil is hot enough by putting a drop of batter into the oil. If it is not hot enough, the batter stays at the pot's bottom rather than rising to the top.
- When the oil is heated, form small balls of dough with your hands or a spoon and drop them carefully into the oil.
- Fry for a few minutes until the bottom side is golden brown.
- Turn the ball over and fry for a few more minutes until the other side is golden brown.
- Use a large spoon to take the balls out of the oil, place them on napkins to soak up the excess oil.
- If desired, roll the finished Bofrot in table sugar or powdered sugar to make it sweeter.



Oxtail

Ingredients

- 2 pounds oxtail, cut into large pieces
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 scotch bonnet peppers, chopped (use gloves when handling)
- 1 teaspoon grated ginger
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups beef broth
- 2 cups water
- 2 potatoes, peeled and cubed
- 2 carrots, peeled and sliced
- 1 large yam, peeled and cubed
- 2 sprigs fresh thyme
- 2 sprigs fresh scallions, chopped (optional)

Directions:

- Heat the oil in a large Dutch oven over medium-high heat. Brown the oxtail pieces on all sides, about 5 minutes. Remove the browned oxtail from the pot and set it aside.
- Reduce the heat to medium and sauté the onion, garlic, and Scotch bonnet peppers until the onion is translucent, about 5 minutes.
- Stir in the curry powder, salt, black pepper, and ginger. Cook for 1 minute, until the spices are fragrant.
- Pour in the beef broth, water, and browned oxtail. Bring the mixture to a boil, then reduce the heat to low and simmer, covered, for 2 1/2 hours, or until the oxtail is tender.
- Add the potatoes, carrots, and yam to the pot. Continue to simmer, covered, for another 30 minutes, or until the vegetables are tender.
- Taste and adjust the seasoning as needed. Serve the oxtail soup hot, garnished with chopped scallions and thyme, if desired.



Fried Breadfruit Wedges

Ingredients

- 1 whole breadfruit
- 4 cups vegetable oil mixed with olive oil (for frying)

Directions:

To maximize the flavour of the breadfruit, boil it or roast it before frying.

Step 1: Roast Breadfruit

- Select an even-coloured breadfruit and use a knife and remove the stem 1/2 inch into the core.
- Flip the breadfruit upside down and use the knife to cut an X into the base.
- Insert the knife into the centre of the X until the knife reaches the core (this will allow the heat to travel to the core and cook the breadfruit evenly and faster).
- Wrap the breadfruit with foil paper and place it on a pan in a preheated oven (350F) for 40–75 minutes or until the breadfruit feels soft to the touch.
- Allow breadfruit to cool for 10-15 minutes before handling.
- Cut the roasted breadfruit into wedges.

Step 2: Fry Breadfruit

- Heat the oil in a skillet over medium-high.
- Fry the wedges for 4-5 minutes or until golden brown.



Soupe Joumou

Ingredients

- 1 butternut squash, about 2 1/2 – 3 lbs.
- 3 cups macaroni
- 1 lb. beef cubes
- 1 tablespoon fresh ginger, chopped
- 1 lb. Fresh vegetable 8 blend
- Salt and pepper to taste
- 2 garlic cloves
- Juice from 2 lemons or limes
- 1 teaspoon fresh sage, chopped
- 3 cups cabbage, shredded
- 1 tablespoon better than bouillon vegetable paste
- 2 tablespoon olive oil
- 2 tablespoon fresh parsley
- 10 cups water, plus extra for cooking
- 2 cups vegetable broth

Directions:

- In a medium-size bowl, season the meat with salt and pepper, garlic, sage, 1 lemon or lime juice, and parsley. Marinate for 6-8 hours or overnight.
- Transfer the meat with the marinating liquid to a 5-quart dutch oven, or deep pan. Add 8 cups of water, and cook on medium-high covering the pan halfway.
- Cook the meat for 2 hours, adding more water if needed as the meat cooks. In the end, you should have about 2 cups of water left with the meat. Reduce the heat to low.
- Meanwhile, cook the squash until fork through (about 35 minutes). Remove the squash from the heat, cut in half, remove the seeds, and cut into small pieces. Feel free to leave the skin on.
- Place the squash the blender, blend until liquify with 2 cups of vegetable broth and 2 cups of water
- Pour the mixture into the meat, stir. Add the bouillon paste and vegetables, cook for 10 minutes. Stir constantly.
- Add the juice from the other lemon or lime, then add the noodles. Cook for 10 minutes. Stir. Serve warm with bread.