

JAMAICAN SALTFISH PATTIES

INGREDIENTS:

1/2 pound boneless salted cod
2 teaspoons baking powder
1 cup all purpose flour
1 teaspoon granulated garlic
1/2 teaspoon smoked paprika
1/2 teaspoon sugar
1/2 medium onion finely diced
1/2 teaspoon minced scotch bonnet pepper replace with hot sauce
3 tablespoon parsley minced
1 teaspoon fresh thyme minced
2 tablespoons minced bell pepper
1 large egg
1/3 - 1/2 cup milk or water
Freshly grated pepper to taste
Vegetable oil for frying about 3 cups



METHOD:

Soak the fish in water overnight or several days (change the water several times). Drain and finely shred the fish.

Combine the dry ingredients, flour baking powder, smoked paprika, granulated garlic and sugar. Stir for about a minute then add onions, the shredded fish, thyme, red bell pepper, scotch bonnet, parsley and egg. Whisk until ingredients have been blended.

Add milk gradually to form a very thick batter. Adjust seasonings.

Heat oil to 350 degrees in a skillet or saucepan. If a small cube of bread browns in 60 seconds - that's the right temperature.

Carefully place spoonfuls of the batter into the hot oil and fry in batches for 3-4- minutes, or until crisp and golden-brown

Remove from the pan with a slotted spoon and set aside.

Drain on kitchen roll to soak up any excess oil.