



Real Jamaican Jerk An' Ting Recipes

RJJ&T Original Recipe: Ackee & Saltfish (Codfish)

- 1 lb. **saltfish (codfish)**
- 3 tbsp. **vegetable oil**
- 1 large **onion** (chopped)
- 2 medium **tomato** (chopped)
- 1/2 **scotch bonnet pepper** (chopped, optional)
- 2 cans of **ackee**
- 1/2 tsp. **black pepper**



1. Place saltfish (codfish) in boiling water and allow it to boil for 3 minutes.
2. Remove and let it cool in cold water. Break saltfish into small pieces with hands.
3. Heat skillet with vegetable oil and add chopped onion, tomato and scotch bonnet pepper. Sauté for about one minute.
4. Add saltfish and stir occasionally for about two minutes.
5. Drain water from canned ackee and add to the skillet. Add the black pepper. Stir gently to prevent ackee from getting mushy.
6. Sauté for another 2-3 minutes allowing flavor to blend.

This dish delicious with fried dumplings or boiled green bananas and boiled dumplings.
Avocado compliments this breakfast meal perfectly!

Serves about 6 people.

Enjoy in Real Jamaican Style!

www.realjamaicanjerk.com

Serving Real Jamaican Food in Real Jamaican Style