



Stewed Saltfish with Spicy Plantains and Coconut Dumplings

Ingredients

Stewed Saltfish

450g saltfish
1 green, red, and yellow pepper, diced
450g tomatoes chopped
5 cloves garlic chopped
4 tbsp vegetable oil
2 tbsp butter
6 spring onions finely chopped
1 small onion
Salt and black pepper

Seasoned Breadfruit

500g breadfruit unsalted and chopped into small pieces
2 tbsp vegetable oil
1 tbsp butter
1/3 green, red, and yellow bell peppers diced
1 onion chopped
4 cloves of garlic crushed
125ml chicken broth
1/4 tsp salt and black pepper

Spicy Plantains

3 plantains cut into halves
2 tbsp grated ginger
1 small onion grated
1/4 tsp salt
1/4 tsp chili pepper
Vegetable oil

Coconut Dumplings

75g coconut flakes
220g wheat flour
1/4 tsp salt
1 tbsp vegetable oil
1 tbsp butter
125ml water

Stewed Saltfish

Soak the saltfish overnight. Boil the fish in fresh water until tender, about 20 minutes. Drain it before removing bones, scales, and flakes. Heat oil in a large pan. Add peppers, spring onions, onion, and garlic. Cover and cook over low heat for 5 minutes, stirring occasionally. Add the tomatoes and simmer over medium heat for 2-3 minutes. Add saltfish, butter, salt, and pepper. Cover the stew and simmer over low heat for 5 minutes.

Spicy Plantains

Combine all ingredients in a bowl, toss until mixed. Fry in batches until golden brown and cooked. Remove and drain on paper towels.

Coconut Dumplings

Place flour, coconut, salt, butter, and oil in a bowl. Gradually stir in water to make a stiff dough. Turn onto a lightly floured surface and knead for 2 minutes. Make dumplings into desired shape and slide into boiling water, cover and cook for 10-15 minutes.

Seasoned Breadfruit

Melt butter in a heavy pan over medium heat, then add oil. Add onions and cook 5-8 minutes until golden, stir often. Add garlic, thyme, and chopped peppers, saute for 30 seconds. Remove from heat and add breadfruit with chicken broth or other prepared liquid. Toss gently to blend and heat through. Season to taste, serve with dumplings, saltfish, and spicy plantains.

