

RECIPE OF THE WEEK



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GRACE ACKEE & SALTFISH POTATO CAKES

Preparation Time: 15 minutes
 Serves/Yields: 12 cakes

Cooking/Baking Time: 25 minutes
 Recipe Date: 27-Nov-2002

INGREDIENTS

1/2	lb.	(225 grams)	saltfish, soaked overnight
2 1/4	lbs.	(1 kg)	irish potatoes
1	Tbsp.		soft margarine
1	can		GRACE ACKEE IN SALTED WATER, drained
1/2	tsp.		salt
1/2	tsp.		black pepper
1	whole		egg, slightly beaten
2	Tbsps.		water
2	cups		all purpose flour
2	cups		breadcrumbs
2	cups		vegetable oil

METHOD

1. Boil and flake saltfish, remove bones. Set aside
2. Boil potatoes, drain, add margarine then mash. Set aside
3. Add Grace Ackee in Salt Water to potatoes along with flaked saltfish, salt and black pepepr. Set aside
4. Whisk egg and water to make egg wash.
5. Shape the mixture into balls then flatten. Coat in flour, dip in egg wash, then roll on breadcrumbs.
6. Heat vegetable oil in a large frying pan and fry the cakes on both sides until lightly brown.
7. Drain on absorbent paper.

Notes:

Ackee is distinctive to the cuisine of Jamaica. It is part of the island's national dish.

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Hearty Porridge

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