

ACKEE & SALTFISH

Reduce the salt in the cod fish.

Overnight method: remove skin and soak in cold water overnight.

Drain, flake and set aside.

Same day method: put codfish in a saucepan with water and bring to a boil then drain. Repeat two more times; drain, flake and set aside.

Drain canned Ackee in a colander and set aside

Fry chopped bacon and set aside

Saute chopped onion and tomato in cooking oil until onion is transparent

Add flaked cod fish, bacon and 1/2 tsp of black pepper to saucepan

Gently fold in Ackee and sprinkle with remaining pepper; simmer on low heat for five to 10 minutes