

COOKING IDEAS



DAVID'S ACKEE AND SALT FISH



Ingredients

Serves
4

- 250g Salt fish (or fresh Mackerel)
- 1 green pepper, diced
- 1 red pepper, diced
- 1 large onion, diced
- 1 tin of Jamaican Ackee
- 1 clove of garlic finely chopped or crushed
- A touch of olive oil
- 1.5 teaspoons of All Purpose Seasoning (David uses Dunn's River)
- Coarse black pepper – no salt required



Equipment

- 1 x chopping board
- 1 x frying pan
- 1 x sharp knife

Method

- If you're using salt fish, rinse thoroughly in fresh water three times until the salt has gone.
- Cut fish into bite-sized pieces.
- Dice onions, red and green peppers, removing the seeds.
- Heat olive oil in a large frying pan.
- Fry onions, red and green peppers over a medium heat for about 5 minutes until onions begin to soften.
- Add a All Purpose Seasoning
- Gently mix in the prepared salt fish (or fresh fish) and cook for around 5 minutes until it is heated through.
- Finally, mix in your Ackee very gently so that it doesn't go too mushy.
- Serve with Jamaican Hard Dough Bread and butter, or if you prefer steamed rice (see over)



ST STEPHEN'S REVIEW

"I didn't expect the food to be very nice, but it was! Delicious flavours. 11 out of 10"

Cook's Code ✓

'Dice' means chop into small (1cm) pieces

'Salt Fish' is traditionally used in Jamaican cooking. Fish was salted to make the fish last longer as many families didn't have fridges.

Ackee is a tropical fruit that does not grow naturally in the UK.

All Purpose Seasoning is made up of cumin, chilli, black pepper, coriander and ginger

All Jamaican Ingredients can be found in central London supermarkets.



PERFECT RICE – EVERY TIME

Method

- Pour rice into saucepan
- Add boiling water and bring back to the boil
- As soon as the rice and water is simmering, turn the heat as low as you can go and pop on the saucepan lid
- Leave, untouched, for 17 minutes and the rice will gently steam
- Check the rice. It should be soft but not mushy.
- If the rice is still a little hard, pop the lid back on and leave for another 5 minutes.
- Fluff up with a fork and serve.

Ingredients

Serves
4

- 2 cups (or 500 ml) of rice
- 3 cups (or 750 ml) of boiling water



Equipment

- 1 x saucepan and tightly fitting lid
- 1 x measuring jug

Cook's Code

This method works for all long grained rice: white, brown, Basmati, Jasmine.



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