

CARRIBEEAN FISH FRITTERS(CAKES)

Recipe makes 20-30 fritters

INGREDIENTS :

1/2 lb Salted cod (soak overnight).
1 tin sardines as extra if like
Fresh Scotch Bonnet peppers (West Indian or African)
1 medium sized onion
Sweet peppers (mixed green and red)
Black pepper (roughly ground)
Pimento seeds (finely ground)
Thyme, parsley, sage (fresh when possible) or use dried mixed herbs.
Tomatoes (fresh or tinned)
1/2 lb Self raising flour
2 tablespoons of potato powder
2 eggs per one pound of mixture

METHOD/PREPS:

- 1, Boil salt fish until most of the salt is out of the fish. Discard water. Allow to cool down and cut into small pieces.
2. Chop/dice onions, peppers, tomatoes. Put all the spices into a hot pan and cook for a few minutes. Put aside to cool.
3. Put the flour and potato power with the beaten egg in a bowl and mix all together. Add a little milk. The mixture should now be stiff.
4. For best results put in the fridge for a few hours.
5. Divide the mixture into small shapes and fry in a shallow pan in olive oil.

Source: JOE'S COOK BOOK.