

Jamaican SaltFish Fritters

A traditional Jamaican Family Dish!

Ingredients:

- 1/2 pound boneless dried salted cod fish or use any dried salted white fish
- 2 teaspoons baking powder
- 1 cup all-purpose flour
- 1 teaspoon granulated garlic
- ½ teaspoon smoked paprika
- ½ teaspoon sugar
- ½ medium onion finely diced
- ½ teaspoon minced scotch bonnet pepper (Scotch Bonnet peppers are very spicy, use gloves when chopping fine)
- 3 tablespoon parsley minced
- 1 teaspoon fresh thyme minced
- 2 tablespoons minced bell pepper
- 1 large egg
- 1/3 -1/2 cup milk or water
- Freshly grated pepper to taste
- Vegetable oil for frying about 3 cups

Instructions:

- Soak salt fish in water overnight (water changed several times). Drain and shred fish using a food processor to achieve a really fine shred. If not finely shred by hands.
- Combine the dry ingredients, flour baking powder, smoked paprika, granulated garlic and sugar. Stir for about a minute then add onions, salted shredded fish, thyme, and red bell pepper, scotch bonnet parsley and egg.
- Whisk until ingredients have been blended. Then add milk gradually starting from about 1/3 cup until fluffy but not wet.
- Heat oil to 350 degrees in a skillet or saucepan.
- Carefully place spoonful's of the batter into the hot oil and fry for 3-4- minutes, or until the fritters are crisp and golden-brown (you may need to do this in batches).
- Remove from the pan with a slotted spoon and set aside.
- Drain\Rest on paper towels to remove excess oil.