

# **Jamaican Ackee & Salfish with Fried Plantains**

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## **Ingredients:**

- 1 can Ackee
- 1 lb Salfish (codfish), boneless\*\* (see note below)
- 1 large onion, chopped
- 1 stalk scallion, chopped
- Fresh thyme (4-5 sprigs)
- 1 clove garlic, minced
- 1 tomato, diced
- 1 scotch bonnet pepper (seeded)
- Sliced bell peppers (green, red, yellow for color)
- ¼ teaspoon black pepper
- 1-2 tablespoons oil (olive oil, canola oil, coconut oil)

## **Preparation:**

1. Soak codfish overnight to minimize salt content or boil 20 minutes before cooking. Rinse, then flake with a fork.
2. Drain Ackee liquid into bowl, reserving the liquid. Gently, rinse ackee with cold water and set aside.
3. In a large saucepan with oil on medium heat, sauté onions, garlic, scallions, peppers, and tomatoes. Sauté until softened, approx. 5-10 minutes.
4. Add salfish and fresh thyme. Sauté for 5 minutes
5. Gently add ackee to pan, you do not want to manipulate the ackee much. Add black pepper and gently fold into mixture. Cover pan with a lid and simmer ~ 5 minutes, to allow flavors to blend.
6. Serve with your food of choice- rice, pigeon peas, and fried plantains.

## **\*\*Note: Vegan Recipe:**

- Sub Hearts of Palm: Drain from can. Open and break apart, chop to resemble flaked fish. Add 1-2 tsp soy or tamari sauce. Sprinkle with dash of nori flakes, if available. Add in with Ackee in recipe preparation.
- Sub canned Jackfruit: Jackfruit can come canned in brine, water or syrup. If you want to control the amount of salt in your dish, select water option, otherwise, can use brine and omit soy/tamari sauce and nori (add if using canned in water only). To prepare Jackfruit: drain from can, pat dry and chop to resemble flaked fish. Add in with Ackee in recipe preparation.

## **Fried Plantains:**

### **Ingredients:**

- 2-3 Plantains, very ripe (brown to black for sweetest flavor)
- Canola or Vegetable Oil

### **Preparation:**

1. Peel plantain and slice on an angle into 2 inch chunks.
2. In a saucepan on medium high heat with ~1/4 cup oil.
3. When oil is ready, add plantains. Check for browning and flip plantains, cook until golden brown all over.
4. When plantains are done, add to plate with paper towel (to drain off excess oil)
5. Serve with your food of choice or enjoy as a snack.



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