

Nyam and Go – Monday 30th September 2019

Saltfish Fritter Recipe



Total Time: 1 hour

Prep: 30 min | **Inactive:** 6 min | **Cook:** 18 min

Ingredients

- 250ml water
- 1 pack boneless Saltfish
- Spring onions
- 1 small Tomato chopped
- 1 medium Onion
- 1 cup sweet peppers
- 1/4 of Scotch bonnet pepper
- 1/2 Tsp Baking powder
- 2 cups water
- 4 cups plain flour
- 1 Tsp Black pepper
- 1 Tsp Paprika
- 4oz Olive or vegetable oil optional: Garlic, thyme and hot pepper sauce or anything similar

Directions

1. Saltfish in water let it boil for 10 mins (or soak saltfish in cold water overnight)
2. Then drain off water and repeat 1 or 2 times (removes salt)



3. Add Spring onions, chopped tomato, onion, sweet peppers, Scotch bonnet pepper, 1/2 Tsp Baking powder into mixing bowl
4. Pour 2 cups of water into bowl
5. Pour 4 cups plain flour then mix (add water or flour when necessary until mix has slightly sloppy consistency)
6. Add 1 Tsp Black pepper
7. Add 1 Tsp Paprika
8. Add 4oz Olive or vegetable oil in frying pan – on high heat
9. Add mix to high heat frying pan, then turn down to medium heat. Fry until golden brown on each side.

Serves 6-8 people

<https://originalflava.com/snacks/jamaican-saltfish-fritters-recipe/>