

Jamaican Saltfish Fritters Stamp and Go

Oscar · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

9 hrs 20 mins

Description

Jamaican fritters are a popular appetizer in Jamaica Just stamp them out in the kitchen take some for the road and go Salt cod can be prepared the day before for a quicker cook time These are also good served with a spicy dipping sauce

Ingredients

- - 6 ounces dried salted cod fish - cold water
- to cover - 1 cup all-purpose flour - 2 teaspoons ground black pepper - 1 teaspoon baking powder - 1 large tomato
- chopped - 2 green onions
- chopped - ½ cup water - vegetable oil for frying

Instructions

1. Soak cod in cold water to rehydrate it and remove excess salt
2. 8 hours to overnight. Remove bones and skin from fish. Flake and shred fish into small pieces; set aside. Sift flour
3. pepper
4. and baking powder into a large bowl. Add tomatoes
5. green onions
6. and flaked cod. Pour in 1/2 cup water; stir until well blended. Heat 1/4 inch of oil in a large
7. heavy skillet over medium heat. Drop rounded spoonfuls of batter into the skillet; fry in hot oil until golden brown and crisp
8. about 5 minutes per side. Drain on paper towels and serve hot. Recipe Tip If you can't soak the fish overnight
9. place it into a saucepan and add enough water to cover. Bring to a boil
10. then reduce the heat and simmer for 5 minutes. Drain and rinse under cool water. Repeat with fresh water four more times. Taste to check the salt level; if the fish is still too salty
11. repeat. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
12. ingredient density
13. and the specific type of oil used.