



A  
JAMERICAN  
DREAM

Tasty Recipes

KARLENE PITTERS

## Introduction

In **A Jamerican Dream** the heroine Jesse Mendes loves to eat authentic Jamaican dishes and I want to share these great recipes with my readers. Jesse's beloved grandmother Mama Tete loves to cook and she always makes something yummy for Jesse and her two sisters, Louise and Sandra whenever she's happy. Hopefully, you can prepare some of these mouth-watering meals for your friends and family.

Bon Appetite.

## **Chapter One**

In Chapter 2 of A Jamerican Dream, during Jesse's ride to Kingston to get her Visa, she stopped at a huge market in Old Harbour located in Spanish town to sample Fried Red Snapper and Jerk Pork. Imagine how Jesse felt as she sampled the crunchy fried fish and the spicy jerk seasoning on the succulent pork. You can have the same experience by preparing these two tasty morsel in the comfort of your home.

## Fried Red Snapper Recipe/Escovitch



### Ingredients

Whole Red Snapper

Lime or Lemon Juice

Onion

Carrot

Allspice (pimiento)

Hot Pepper (Scotch Bonnet)

Salt (to taste)

Garlic Powder

Lemon Pepper

Vinegar

## Directions

1. Rinse the fish in cold water, and then squeeze fresh lime juice (or lemon) inside and outside of fish.
2. Seasoned with lemon pepper, salt (optional and to taste), and garlic powder.
3. Refrigerate and allow fish to marinate for a 2-3 hours to let seasoning soak in.
4. Cut fish in half head included.
5. Heat canola oil in skillet and allow pan to get very hot.
6. Pat fish dry and add to skillet. Fish must be crispy so fry it until golden brown.
7. Remove fish and drain on paper towel.
8. Slice onion, shred carrot, slice hot peppers (scotch bonnet) and grains of allspice. If there is too much oil left in the skillet after frying fish, drain some off. Just leave enough to sauté' onion, carrot, hot pepper and allspice.
9. While this is sautéing, pour some vinegar in skillet (enough to cover the onion, carrot, etc.). Allow this to cool.
10. After sautéed onion, carrot, allspice and pepper have cooled off; pour on fish that has been placed in a dish.

Serving depends on how much fish was used.

## Jerk Pork Recipe



### Ingredients

3lbs. boneless pork loin.

6 sliced scotch bonnet peppers (jalapenos can be a substitute)

2 tbsp. thyme.

2 tbsp. ground allspice.

1 bulb of garlic, finely chopped.

3 medium onions, finely chopped.

2 tbsp. sugar

2 tbsp. salt

2 tsp. ground black pepper

½ cup olive or canola oil

½ cup soy sauce

Juice of one lime

1 cup orange juice

1 cup white vinegar

1 to 2 tsp of the following (to taste)-ground cinnamon-nutmeg-ginger

#### Directions

1. Chop the onions, garlic and peppers.
2. Blend all of the ingredients (excluding the pork) in a blender to make the jerk sauce.
3. Cut up pork up into small pieces. Use a fork to poke some holes in the pork pieces.
4. Massage the sauce into the meat, saving some for basting and dipping later.
5. Marinade pork overnight in the refrigerator.
6. Grill the meat slowly until cooked, turning regularly. Baste with some of the remaining marinade while cooking. For best results, cook over a charcoal barbeque outdoor.

Serving size 8

## Chapter Two

While in Kingston, Jamaica's capital city, after Jesse left the Jamaican Embassy she went to a gigantic marketplace named Coronation Market. The delicious aroma of roast fish and jerk chicken tickles her nose as she licks her lips in anticipation of the flavorsome goodness on her tongue.

### Roast Fish Recipe



### Ingredients

4 small cleaned whole doctor, butter or red snapper fish.



2 small onions

3 sprigs of scallions

6 sprigs of thyme

10 pimentos

1 tbsp. of salt

1 tbsp. of black pepper

1 whole garlic

2 scotch bonnet pepper

¼ cup of pick-a-pepper sauce

#### Directions

1. Wash fish in cold water with vinegar.
2. Pour pick-a-pepper sauce into a large bowl.
3. Dice onions, scallions, thyme, scotch bonnet pepper, garlic and combine.
4. Add salt, black pepper and pimento.
5. Combine and mix into the bowl of pick-a-pepper sauce.
6. Dry and place each fish on a piece of aluminum foil.
7. Stuff each fish with seasoning mixture and wrap completely in foil.
8. Roast on open grill for 30 minutes or in oven for 40 minutes.

Serving size 4

## Jerk Chicken



### Ingredients

1 whole chicken cut up in quarters

4 limes, juiced

1 cup of water

2 teaspoons of ground allspice

½ teaspoon ground nutmeg

1 teaspoon of salt

1 teaspoon of brown sugar

2 teaspoons of dried thyme

1 teaspoon of ground ginger

1 ½ teaspoons ground black pepper

2 tablespoons canola oil

2 onions chopped

1 ½ cups of chopped green onions

6 cloves of garlic, chopped

2 habanero peppers, chopped

### Directions

1. Place chicken in a medium bowl. Cover with lime juice and water. Set aside
2. Place allspice, nutmeg, salt, brown sugar thyme, ginger, black and canola oil in blender or food processor. Blend well, and then mix in onions, green onions, garlic and habanero peppers until almost smooth.
3. Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as basting sauce while cooking. Cover, and marinate in refrigerator for at least 2 hours.
4. Preheat an outdoor grill or oven for medium heat.
5. Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade mixture. Cook to desired perfection.

Serving size 4

## Chapter Three

In Chapter 4 when Jesse sneaks off with her friend Gemma, she felt the hunger pangs. They munched down on codfish fritters and spice bun with cheese.

### Codfish Fritters Recipe



#### Ingredients

1 pound of cod or salt fish

1 onion

1 scotch bonnet pepper

1 glove of garlic

3 cups of flour

½ tsp. of black pepper

2 cups of water

canola oil

annatto seeds (coloring)

#### Directions

1. Soak the cod or salt fish overnight or you can boil it a few times but make sure that you change the water to get the saltiness out.
2. Dice the garlic, onion and pepper into small pieces.
3. Flake the fish into small pieces after its finish soaking or boil.
4. Put the flour into a bowl.
5. Stir in the onion, garlic, scotch bonnet and black pepper.
6. Slowly stir in water until it has a smooth consistency.
7. Add annatto seeds to a skillet with oil to get coloring.
8. Using strainer pour oil into a measuring cup and to get the seeds out.
9. Fill frying pan with canola oil and add some of the coloring from the annatto seeds into the pan.
10. Scoop a table spoon or more of the fritters mixture into the pan. Fry for about ten minutes and turn to the other side for another 5 minutes. Repeat until all of the fritters are done.

Serving size depends on how much fritters were fried.

### Spice Jamaican Bun Recipe



### Ingredients

3 ½ cups of flour

1 ½ cups of sugar

4 tsp. of baking powder

1 cup of stout beer

1 egg beaten

2 tbsp. of melted butter

2 tsp of vanilla

1 cup of cherries

1 cup raisins, mixed peel, cherries

½ tsp. ground allspice

pinch of salt

1 tbsp. spoon nutmeg

½ tbsp. spoon cinnamon

½ tbsp. spoon rose water

½ tbsp. spoon anise extract

### Directions

1. In a large mixing bowl, mix together flour, salt, baking powder, spices and sugar.
2. Mix thoroughly and add fruit. Make a well in the center of mixture and add melted butter and beaten egg.
3. Mix again until like coarse bread crumbs. Make another well in center of mixture and add beer or stout. Mix the whole thoroughly and turn into well greased baking pans.
4. Bake for 1¼ hours at 300 ° F. Makes two meatloaf pans. If desired, press a few whole cherries into the top of each bun.

In the same chapter Mama Tete made cornmeal porridge for breakfast and Jesse slurps it up fast. Cornmeal porridge is a popular Jamaican breakfast since it's filling and nutritious.

### Cornmeal Porridge Recipe



### Ingredients

1 cup yellow cornmeal(coarse or fine)

4 cups water

¼ cup half and half or milk

½ cup sweetened condense milk

2 tbsp. sugar

¼ tsp. nutmeg(ground)

¼ tsp. cinnamon(ground)

2 drops of vanilla flavoring

### Directions



1. Add cornmeal to a bowl, and then pour enough water into the bowl to cover the cornmeal. Use a fork to mix the cornmeal in the bowl to let the water and cornmeal mix loose and watery.
2. Bring the 4 cups of water to boil in a saucepan. Turn the heat to medium.
3. Slowly pour the water and cornmeal into the saucepan while stirring with a fork. You will have to stir the mix continuously for about 3 minutes. Make figure eight patterns if you like; this will stop the cornmeal from forming lumps. Be careful from this point on.
4. Cover the pot and let simmer for about twenty minutes. Occasionally stirring the mixture in the pot.
5. Turn off fire and add ingredients, except nutmeg. Stir to sweeten and then taste. Add more ingredients of your choice to get the desired taste. Serve in small soup bowl and sprinkle with nutmeg.

## Chapter Four

Mama Tete also treated Jesse and her sisters, Sandra and Louise some finger-licking oxtail with rice and peas to celebrate their father's homecoming in Chapter 5.

### Oxtail Recipe



### Ingredients

2 lbs. (1 kg.) oxtail

1/4 cup canola or olive oil

5 cups water

2 tomatoes, chopped

2 onions, chopped

1 clove garlic, chopped

1 sprig thyme

3 slices scotch bonnet or jalapeno pepper

1 cans of broad or butter beans

½ tsp of salt

½ tsp of black pepper

½ tsp of allspice

½ lb of carrots

### Directions

1. Brown oxtail in oil.
2. Add 4 cups of water and boil until tender (about 2 ½ hours) Add water if necessary.
3. Add tomatoes, onions, garlic, thyme and hot pepper and salt.
4. Stir for a few minutes. Let simmer until thick.
5. Add remaining water and broad beans. Lower heat, cover and simmer again for 10 minutes.

Serves 4 and it can be served with rice and peas.

### Rice and Peas



### Ingredients

2 tbsp canola or olive oil

½ yellow onion, chopped

4 cloves of garlic, chopped

2 cups of long grain white rice

1 tsp. salt

1 tsp. of grated fresh ginger

1 cup water

1 cup chicken stock( or vegetable stock)

2 cups coconut milk

1 15 ounce can kidney beans or pigeon peas, rinsed and drained

1 whole scotch bonnet, or habanero pepper

Lime (optional)

### Directions

1. Heat the oil in a medium pot over medium-high heat.
2. Add onions and sauté for 4-5 minutes, until they turn brown around the edges.
3. Add the garlic and rice, stir well and cook for another 2-3 minutes, stirring often.
4. Add the grated ginger, salt, water, stock and coconut milk and stir well. Add the kidney beans and thyme.
5. Add scotch bonnet or habanero pepper and bring to a simmer. Turn the heat to low and cover.
6. The rice should be done in about 15-20 minutes, depending on the type of rice. Once done, remove from heat and cover for 10 minutes.
7. To serve fluff with a fork and sprinkle lime juice (optional).

In Chapter 5 after school Jesse and her sisters chow down on some Jamaican style fried chicken.

Jamaican Style Fried Chicken Recipe



Ingredients

2 whole chicken cut up or 4-6 skinless boneless chicken breasts

¼ cup of dark Jamaican rum (regular or spiced)

3 tablespoon of canola or vegetable oil

¼ cup of low sodium soy sauce

1 egg white

¼ tsp of minced ginger

Flour or cornmeal for breading

### Directions

1. Wipe chicken pieces with a clean damp paper towel and place them in a deep glass mixing bowl.
2. Combine rum, oil, soy sauce, egg white and ginger.
3. Pour over chicken to marinade for at least 2 hours, turning pieces once or twice.
4. Drain each piece and roll in flour or cornmeal.
5. Add oil in skillet make sure it's hot and then add chicken. Lower the heat to medium and cook chicken until nicely brown. Pinch chicken with a fork to make sure that it's thoroughly cook.

Serving size 4-6

## Chapter Five

In the same chapter Jesse celebrated her 14<sup>th</sup> birthday and devoured the delectable brown stew fish with pigeon peas and rice one of her favorite meals. Mama Tete also baked a toothsome sweet potato pudding for dessert.

### Brown Stew Fish Recipe



### Ingredient

3lbs of Red Snapper or King Fish or boneless fillet fish

1 large onion

3 chopped scallions



3 cloves garlic, minced

1 chopped green bell pepper

½ tsp of ground allspice

3 tomatoes, chopped

2 sprig fresh thyme

2 cups of water

2 pieces of scotch bonnet or jalapenos pepper to taste

Pinch of salt and black pepper

Canola or olive oil

### Directions

1. Clean and rinse fish well with water and lime juice
2. Pat dry and add seasoning to marinade for 2 hours.
3. Heat oil in a large skillet over medium heat.
4. Make sure the skillet is hot before adding fish and brown on both sides.
5. Remove fish and carefully pour off the excess oil.
6. Bring skillet back to stove top and reduce heat to medium.
7. Cook onions, garlic, tomatoes, scotch bonnet or jalapenos, and thyme.
8. Add remaining ingredients and stir.

9. Raise the heat on high to bring to a boil.
10. Reduce heat to low and add fish.
11. Pour sauce over fish and cook until sauce is thickened.

### Sweet Potato Pudding



### Ingredients

2 pounds sweet potatoes not yams (4 to 5 potatoes)

2 ½ cups coconut milk

2 cups all purpose flour

1 ½ cups brown sugar

1 cup raisins or currants

¼ cup butter, melted

2 tsp. vanilla

1 tsp. salt

1 tsp. ground nutmeg

½ tsp. ground cinnamon

### Directions

1. Preheat the oven to 300 F. Grease a 9 inch square baking dish.
2. Peel and grate the sweet potatoes.
3. In a large bowl, combine the potatoes, coconut milk, flour, sugar, raisins, butter, vanilla, salt, nutmeg and cinnamon. Mix well.
4. Pour the mixture into the baking dish and bake for 45 to 60 minutes or until the liquid is absorbed and the top of the pudding is golden brown.

Cool before serving.

## Chapter Six

In Chapter 6, Jesse and her family went on vacation in Negril the west coast of the island. They sampled some appetizing treats such as bammy, freshly squeezed refreshing limeade/lemonade drink, and beef patty.

### Bammy Recipe



### Ingredients

3 cups cassava flour

1-2 tsp of salt

1 ¼ to 2 ¼ cups of water

## Directions

1. In a large bowl, mix together the cassava flour and salt.
2. Stir in enough water to make until dough is stiffens.
3. Cover and set aside to rest for at least 30 minutes.
4. Cut the dough into 6 equal portions. Dust a countertop with some cassava flour, and roll each portion out into 4-inch rounds about ½ inches thick.
5. Heat a greased skillet over medium flame. Cook each round for 3-5 minutes on each side until brown.

You can also use fresh cassava instead of cassava flour. Here is the directions if using fresh cassava.

1. Grate about 1 pound of peeled cassava root into a bowl.
2. Place the grated cassava in a large kitchen towel and wring out any excess moisture. Add salt to season and form patties out of the dough. Cook as directed above.
3. To give added flavor, after cooking the bammy, soak the patties in coconut milk for a few minutes and then refry until lightly browned.

## Lemonade/Limeade Recipe



### Ingredients

½ cup fresh lime juice

7 cups water

Cane sugar to taste

¾ tsp vanilla essence

### Directions

1. Add all the ingredients to a large pitcher and stir until sugar is dissolved. Taste for sweetness and adjust accordingly.
2. Chill until ready to serve or serve immediately with ice.

Please note that Jamaican lemonade is actually made with freshly squeeze limes.

### Beef Patty Recipe



### Ingredients

#### Pastry

2 cups Flour

¼ teaspoon salt

½ tablespoon curry powder

¼ cup solid shortening

¼ cup (1/2 stick) margarine or butter

1/3 cup cold water

### Directions

1. Mix flour, curry powder, and salt in a large bowl.
2. Place in the bowl of a food processor/blender.
3. Add shortening and butter/margarine. Blend until mixture is crumbly.
4. Add cold water and blend until a dough forms. Do not over-process.
5. Roll dough on a floured wooden cutting board to 1/8-inch thickness. (At this point, you may cover the dough ball in plastic wrap and refrigerate overnight. Let rest at room temperature for 15 minutes before proceeding.)
6. Cut circles 8 inches in diameter (use a paper template). Cover circles with plastic wrap until ready to use.

### Meat Filling

2 tablespoon oil

1 small white onion, finely chopped

¼ teaspoon chopped scotch bonnet pepper

½ lb. Lean ground beef

½ teaspoon salt



½ teaspoon freshly ground black pepper

½ teaspoon curry powder

½ teaspoon dried thyme

¼ cup breadcrumbs

¼ cup beef or chicken stock

1 egg, beaten

¼ cup water

### Directions

1. In a heavy skillet, melt the butter or margarine and sauté the onion and scotch bonnet pepper.
2. Add ground beef, salt, pepper, curry powder and thyme and mix well.
3. Brown meat for about 10 minutes, stirring occasionally.
4. Add breadcrumbs and stock. Combine all the ingredients well.
5. Cover skillet and simmer for about 10 to 15 minutes, stirring occasionally.
6. When all liquids have been absorbed, the filling is ready. It should be moist but not watery.
7. Remove the skillet from the stove and preheat oven to 400 degrees F.

8. Uncover the dough circles and place 2 to 3 tablespoons of filling on half of each.
9. Moisten the edges of the dough with water and fold the dough circle over the meat filling.
10. Pinch the edges closed with a fork.
11. Lightly brush the pastry with a mixture of the egg and water.
12. Bake on a lightly greased baking sheet for 30 to 40 minutes or until the pastry is golden brown.

Serving 10 Patties

## Chapter Seven

In Chapter 7 Mama Tete cook up a traditional Jamaican Sunday breakfast for Jesse’s dad, who was leaving to go back to American. She made ackee and saltfish with fried dumplings.

### Ackee and Saltfish Recipe



Ackee and Saltfish is Jamaica's national dish.

### Ingredients

- 1 can of ackee, drained
- 1 lb boneless salt cod
- 3 tablespoons canola oil
- 2 onions, sliced

¼ teaspoon dried thyme

¼ scotch bonnet pepper skin finely chopped up

1 small tomato, chopped

¾ teaspoon tomato paste

½ sweet pepper chopped

1/8 tsp. black pepper

### Directions

1. Soak the salt or cod fish in a pot of water overnight to remove most of the salt. If the cod is still very salty, boil in water for 20 minutes. Drain cod and cut or break into small pieces.
2. Heat canola oil in a frying pan.
3. Add the onions, thyme and scotch bonnet pepper, tomato, tomato paste and green peppers.
4. Stir for a few minutes. Add the cod. Stir. Simmer for 5 minutes, and then add the can of drained ackee. Do not stir because this will cause the ackees to break up.
5. Cook for a few more minutes then sprinkle with black pepper.

Serves 4 and best served with bammy, roast breadfruit, fried or cooked dumplings, or fried or cooked plantains, cooked yams and Jamaican sweet potatoes.

## Fried Dumpling Recipe



### Ingredients

4 cups of flour

2 tsp of baking powder

½ tsp of salt

½ cup of butter

½ cup of cold water

1 cup of canola or olive oil

### Directions

1. Add the flour, baking powder, and salt into a large mixing bowl. Add butter into the bowl and mix in with the flour until mixture form into marble size dough balls. Add the water 1 tsp at a time, just enough to bring the dough together with a firm consistency.
2. Heat oil in a heavy bottom frying pan or skillet over medium heat until hot.
3. On a lightly floured surface knead the dough well for 5 minutes. Break off pieces and form the dough into slightly flattened biscuits.
4. Add dough to hot frying pan turning until they become golden brown.
5. Remove and drain excess oil on paper towels to absorb the extra oil.

Serving size depends on how much dumplings were made.

## Chapter Eight

In Chapter 8 Jesse went to Falmouth to visit her Uncle Robert and family for Christmas vacation and they munch down on curry goat and brown stew chicken for Christmas dinner.

### Curry Goat Recipe

Preparation time is 30 minutes and cooking time is about 3 hours for this recipe.



### Ingredients

¼ cup of canola or vegetable oil

6-8 tbsp curry powder

1 tbsp allspice

3 pounds of goat (lamb can be a substitute)

Salt

2 onions chopped

1-2 scotch bonnet or habanero peppers, seeded and chopped.

Piece of ginger, peeled and minced

2 cloves of garlic peeled and chopped.

Ground black pepper

1-2 cans of coconut milk

1-15 ounce of can tomato sauce or crushed tomatoes

1 tbsp dried thyme

3-4 cups of water

5 gold potatoes, peeled and cut into 1 inch chunks

### Directions

1. Cut meat into chunks with bones and wash in cold water.



2. Seasoned with salt, allspice, some curry powder and black pepper. Set aside for about 30 minutes.
3. In a large pot, heat oil over medium heat and mix in 2 tbsp of curry powder.
4. Pat meat dry and brown in the curried oil. Do this in batches and don't overcrowd pot. It will take at least 30 minutes or so. Set brown meat aside in a bowl.
5. Add onions and hot pepper to the pot. Sauté, stirring occasionally until the onions start to brown. Add ginger and garlic, mix well and sauté for another 1-2 minutes.
6. Put meat back into the pot, along with juices left in the bowl. Mix well.
7. Pour coconut milk, tomatoes and 5 tbsp of curry powder into the pot.
8. If you're using 2 cans of coconut milk, then add 3 cups of water. If you're using 1 can add 4 cups of water. Add thyme and bring to simmer. Let meat cook until tender, which will take at least 2 hours or more.
9. Add potatoes once meat is almost done. Once the potatoes are cooked then the curried stew should be done.

Please note that you can skim off excess fat at the top of the curry before serving.

Serve with plain rice or rice and peas.

Serving size 8-12

### Brown Stew Chicken Recipe



### Ingredients

1 whole chicken, cut into pieces

1 large tomato, chopped

3-4 stalks scallions, chopped

1 large onion, chopped

2 cloves of garlic, chopped  
1 scotch bonnet pepper or jalapeno  
1 medium carrot, chopped finely  
1 lime or ¼ cup of lime juice  
3-4 sprigs fresh thyme  
1 teaspoon pimientos or 1 teaspoon allspice  
2 tablespoons of reduce sodium soy sauce  
½ tablespoon flour or 2 teaspoons of cornstarch  
2 cups unsweetened coconut milk  
1 tablespoon of coconut or canola oil

### Directions

1. Wash chicken in cool water and squeeze lime juice over chicken. Drain off excess lime juice.
2. Combine tomato, scallion, onion, garlic, hot pepper, thyme, pimento or allspice and soy sauce in a large bowl with the chicken pieces. Cover and marinate for at least an hour.
3. Heat oil in a large dutch pot or saucepan. Shake off the seasoning as you remove chicken pieces from marinade. Save the marinade for sauce.
4. Lightly brown the chicken a few pieces at a time in very hot oil. Place browned chicken pieces on a plate to rest while you brown the other pieces.

5. Drain off excess oil and return chicken to the pan. Pour marinade over chicken and add the carrots. Stir and cook over medium heat for 10 minutes.
6. Mix flour and coconut milk and add to stew, stirring frequently. Turn heat down to very low and cook another 20 minutes or until tender.

Servings size 6

## Chapter Nine

In Chapter 9 after Jesse's graduation from Wait-A-Bit All Age School, Mama Tete made some delish stew peas and rice for her lunch. Later on at the dance she chows down on some salty fried codfish.

### Stew Peas and Rice Recipe



#### Ingredients:

2 cups of red peas

½ lb salt beef

1lb stew beef or pigs tail

1 scotch bonnet or jalapeno pepper

2 stalk of scallion

3 sprig of thyme

2 cups of coconut milk or ½ box

6 pimento seed

3 cloves garlic

Black pepper to taste

Spinners (recipe below)

### Directions

1. Boil and drain salt beef or pig tails more than once to reduce the sodium in a medium size pan.
2. Place peas, meat and garlic together in the pan. Boil until peas are tender for at least 1 ½ hour.
3. Add coconut cream, spinners and seasoning. Cook for another hour.
4. Thicken the mix with 3 tablespoons of flour combined with ¼ cup of water. Strain the mixture into the stew.
5. Boil until thickens. Serve with white rice.

### Ingredients for Spinners

1 cup flour

½ tsp salt

¼ cup of water

## Directions

1. Place flour and salt in a medium bowl.
2. Pour water into flour, adding enough to bind, making stiff dough.
3. Roll into 1 inch long pieces, drop into boiling stew peas.
4. Boil until they float or add them during the last 20 minutes.

## Fried Saltfish Recipe



### Ingredients

- 1-1/2 lbs. dried salt cod fillets
- 1/2 cup all-purpose flour
- 1/3 cup olive oil
- 3 garlic cloves, chopped
- 1/4 cup chopped parsley
- Salt and freshly ground pepper to taste
- Juice of 3 lemons



## Directions

1. Cut fish into large serving pieces, about 4 inches square.
2. Place in a large bowl; add enough cold water to cover.
3. Let stand 24 hours, changing water several times.
4. Dry fish with paper towels.
5. Spread flour on aluminum foil.
6. Coat fish with flour.
7. Heat oil in a large skillet.
8. Add fish.
9. Cook over medium heat 5 to 6 minutes on each side or until golden.
10. Sprinkle with garlic and parsley and season with salt and pepper.
11. Gently place cod on a warm platter.
12. Add lemon juice to skillet.
13. Deglaze by stirring to dissolve fish juices attached to bottom of skillet.
14. Spoon sauce over fish.

Serving Size 4

Scene in Chapter 10 was removed but will still keep the peanut porridge recipe it's simply scrumptious. Peanut porridge is extremely high in protein.

## Peanut Porridge Recipe



2 green plantains, chopped

2 cups unsalted peanuts

1 cup of oats (quick)

¼ tsp salt

2 cups of water

400 ml can coconut milk

1 tsp pure vanilla

¼ tsp nutmeg, ground cinnamon and ground allspice

½ cup sweetened condensed milk

## Directions

1. Combine plantains, peanuts, oats and water into a blender. Blend until smooth.
2. Transfer mixture into medium pot. Stir in coconut milk and bring to a boil over medium heat. Reduce heat to low and cover to simmer. Stir occasionally adding more water if mixture becomes too thick. Cook for 30 minutes and then add vanilla, nutmeg, cinnamon, allspice and remaining  $\frac{1}{4}$  salt.
3. Stir in condensed milk and simmer for another 10 minutes.

Makes about 8 cups

## Chapter Eleven

In Chapter 11 Jesse last breakfast in Jamaica her Aunt Beverly and Mama Tete makes her a big breakfast that consisted of salt fish, roasted breadfruit and fried plantains.

### Cook up Salt Fish Recipe



### Ingredients

½ pound salt fish

½ onion

¼ tomato

1 scotch bonnet pepper

2 tablespoons ketchup

## Directions

1. Soak or boil saltfish to remove most of the salt, drain.
2. Chopped onions, tomato and scotch bonnet and sauté in a small pan with oil
3. Break fish into small portions and remove all bones ( boneless cod to make it easier) from saltfish and sautéed in pan with vegetables
4. Add seasoning with ketchup and cook for 2-3 minutes

## Roasted Breadfruit



## Recipe

Fully ripe breadfruit



### Directions

1. Take 1 breadfruit and remove stalk
2. If you don't have an open fire, place in a preheated oven at 350 degrees for about an hour or until skin turns brown.
3. Cut slices from breadfruit
4. Peel the skin and core away from the breadfruit slices
5. Heat pan with canola oil and add slices
6. Fry slices until golden brown

Serve with codfish or ackee and saltfish

## **Sweet Note**

I hope you enjoy the recipes from A Jamerican Dream and you can now cook up these scrumptious meals whenever you have a get-together or when you feel like having Jamaican tonight. Jesse enjoyed munching on it as do I. Love me some home cooked Jamaican food.