

Jamaican Callaloo

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Jamaican Callaloo is a very nutrient rich, green leafy vegetable that is most commonly served for breakfast with saltfish and alongside many other classic Jamaican dishes. It's made in a dutch pot, or sauté pan with onions, garlic, tomatoes, scotch bonnet pepper and is the perfect healthy start to your morning!

PREP TIME: **15minutes minutes** COOK TIME: **10minutes minutes**

Ingredients

- ☐ 5 cups Fresh Callaloo, chopped and tightly packed
- ☐ 1 small Onion
- ☐ 1/2 medium Tomato
- ☐ 2 cloves Garlic, crushed or minced
- ☐ 1/2 Scotch Bonnet Pepper, finely chopped
- ☐ 2 sprigs Fresh Thyme
- ☐ 1 tbsp Butter
- ☐ Salt and Pepper, to taste
- ☐ 1 tbsp Olive Oil
- ☐ 1-2 tbsp Chicken Stock, or Water



Instructions

To Prepare Callaloo

- Using a knife, peel the outer membrane/skin of each stalk of callaloo starting from the tip of the stem. Then, remove any old and withered leaves, leaves with too many holes or thicker more tough parts of the stem and rinse well with cold water.
- Place in a bowl filled with cold water and 1 tbsp of salt; ensure the callaloo is fully submerged. Discard water, thoroughly rinse with fresh water once again and drain well. Then, using a large knife chop callaloo and set aside; see notes section for tips.
- Heat olive oil in a dutch pot or sauté pan over medium heat, then add onion, tomato, garlic, scotch bonnet peppers and sauté until they have softened a bit. Then add chopped callaloo, thyme sprigs, butter, salt, pepper, and chicken stock.
- Reduce heat to medium low and allow to simmer for about 10 minutes or until callaloo has softened and is tender. Then, remove from heat, and enjoy!