

Charlotte Cooks Cheryl Watkins Ms. Elsie's Caribbean B&B

Caribbean Breakfast

“Salt Fish & Bakes” with Fried Plantains & Salad:

Salt Fish and Bakes-A delightful blend of Salted Cod Fish sautéed with onions, garlic, tomatoes, red bell peppers, and thyme that makes you think of the Caribbean! Absolutely!!!
Traditional Caribbean Breakfast Staple.

Course: Breakfast

Cuisine: Caribbean

Servings: 6 – 8

Bakes/ Ingredients:

- 3 cups flour
 - 2 tablespoon shortening
 - 2 tablespoon butter
 - 2 1/2 teaspoon baking powder
 - 2 Tablespoon sugar
 - 1 teaspoon salt
 - 1 ¼ cup of room temp water
1. In a large bowl, whisk together flour, sugar, baking powder, and salt; add shortening & butter, and, using a wood spoon, Gently stir in water into dry ingredients until all is moistened and holds together (like a ball).
 2. Place on a floured board and knead for about a minute. Cover to let dough soften & rise while at rest for about 20-30 mins.
 3. Uncover, Turn dough on a clean floured surface and begin dividing dough into about 10-12 pieces and roughly shape each one into ball.
 4. Let them rest for about 15 min, when ready, lightly flour a clean stone board, Lightly dust the rolling pin with flour to prevent dough from sticking, and using rolling pin, flatten each ball to ½ inch thick, place on a cookie sheet, until ready to fry or bake.
 5. In a large Cast iron pot or sauce pan, pour vegetable oil, until it is at least 3 inches high, place on medium heat until oil is 350 degrees.

Frying Method

1. Fry until golden brown, flipping on either side for about 3-5 minutes depending on size. Remove with a slotted spoon and drain on paper napkin. Let it cool
2. Split in half and fill with salt fish. Serve warm

Salt Fish Stew/ Ingredients:

- 1 tablespoon vegetable or (olive) oil
- ½ pound boneless salted cod fish
- ½ medium onion sliced thin
- 1/4 medium red, green, yellow bell peppers
- 2 teaspoons minced garlic
- 1/2 teaspoon fresh thyme
- 1 teaspoon smoked paprika
- ½ teaspoon curry powder
- 1/2 teaspoon black pepper
- green onion (scallion) chopped
- 2-3 tablespoon fresh parsley
- 2 roma tomatoes diced
- 1/2 or teaspoons scotch bonnet pepper sauce or hot pepper adjust to taste
- ½ teaspoons chicken bouillon powder (optional)

*Soak salt fish in water overnight (change water several times to reduce salt content). Drain and shred fish finely.

Salt-fish Stew:

1. In a medium-large skillet, add oil, onions, scallion, garlic, and sauté, for about 2-3 minutes, stirring constantly to prevent any burns. add in salt fish, peppers, thyme, paprika, tomatoes, fresh parsley, bouillon and cook for 5 minutes. Continue cooking for about 3 minutes then add, scotch bonnet pepper, mix until ingredients have been thoroughly combined. Let simmer, adding a pinch of water as needed.
2. Remove from the heat and let it cool. You may prepare this in advance.

Cod Fish Cakes (Fritters)

Caribbean Appetizer/Breakfast Staple:

Crispy on the outside and soft on the inside. Delicious!

Prep Time 10 minutes, **Cook Time** 10 minutes, **Total Time** 20 minutes, **Servings** 12-15 Fritters

Ingredients:

- 1/2 pound boneless salted cod fish
- 2 teaspoons baking powder
- 1 cup all purpose flour
- 1 teaspoon granulated garlic
- ½ teaspoon smoked paprika
- ½ teaspoon curry powder
- ½ teaspoon sugar
- ½ medium onion finely diced
- ½ teaspoon minced scotch bonnet pepper replace with hot sauce
- 3 tablespoon parsley minced
- 1 teaspoon fresh thyme minced
- 2 tablespoons minced red bell pepper
- 1 large egg
- 1/3 -1/2 cup milk or water
- Freshly grated pepper to taste
- Vegetable oil for frying about 3 cups

Instructions

1. Soak salt fish in water (water changed several times to reduce cured salt). Drain and shred fish using a food processor to achieve a really fine shred. If processor not available finely shred by hand.
2. *Foot Note: In the essence of time, You can Boil Salted Cod, Drain, and Boil again to Reduce Salt Content. Shred with processor or fork to achieve fine shred.
3. Combine the dry ingredients, flour baking powder, smoked paprika, granulated garlic, curry, and sugar. Stir for about a minute then add onions, salted shredded fish, thyme, and red bell pepper, scotch bonnet parsley and egg
4. Whisk until ingredients have been blended. Then add milk gradually starting from about 1/3 cup until desired thickness.
5. Adjust seasonings.
6. You may have to do a test taste first
7. Heat oil to 350 degrees in a skillet or saucepan. You may also use the oil test by dropping a 1-inch square of bread into the oil. If it takes 60 seconds to brown, then the oil is at around 350 degrees.

8. Carefully place spoonfuls of the batter into the hot oil and fry for 3-4- minutes, or until the fritters are crisp and golden-brown (you may need to do this in batches). Remove from the pan with a slotted spoon and set aside.
9. You may drain on paper napkin to remove any excess oil

Need Recipe & Method for all items]

Sequence:

Intro

Intro Chef and recipes

What is Salt Cod?

How is it used?

Its Cod Fish that has been "Dried and salted." In the Caribbean it is sometimes referred to simply as salt fish, which is cod fish that has been preserved by drying after salting. Cod which has been dried without the addition of salt is stockfish. In the Caribbean, it is a popular breakfast staple, and used in a variety of ways that's culturally unique to each region. Spanish Cultures call it Bacalao, Italian's call it Bacala', Africans call it....,Jamaicans pair it with "Ackee" as ackee & saltfish, which is a traditional Jamaican/British Isles staple and in Aruba, St.Maarten, Trinidad, and others we enjoy it as "Salt Fish & Bakes or Cod Fish Cakes or Fritters, just depends on where you are from. Salt cod was long a major export of the North Atlantic region, and has become an ingredient of many cuisines around the Atlantic and in the Mediterranean.

As with many island staples Salt Fish can be served anytime of day, breakfast, lunch, and dinner, and presented in many different ways, served by itself, as an appetizer, side or entrée'.

Trade Outs:

- Salt cod as it is bought (**Purchase at Compare Foods, International Markets, (Caribbean-Island Grocery -Albermarle Rd (East Charlotte); African Markets).**)
- Salt cod after it is soaked or prepped
- Make cakes start cooking [- have several done on a sheet pan – keep warm in oven?]
- Plate of finished product ready to plate-up for camera presentation

What are “Bakes”? How are they that?

Ans: See Above: “Bakes” also known as “Johnny Cakes” are to the Caribbean as Biscuits are to the South and Southern Breakfast meals.

Mix batter and cook on set – [have 1 platter done for set]

Plantains what are they?

Ans. Traditionally Plantains are typically eaten cooked and are usually large, angular and starchy, in contrast to dessert bananas, which are typically eaten raw and are usually smaller, more rounded and sugary.

How do you select them?

Ans: Plantains can be purchased green or ripe. Ripe they are banana yellow in skin color, larger than a banana, soft/tender to touch determines their ripening and sweetness. Like a banana, the darker the ripened skin (yellow & black the riper the plantain. Plantains traditionally are served as a sweet side staple usually served fried, but can also be prepared as a salty side dish. Plantain is an island favorite, that can be served as a side starch boiled, mashed, baked, or even as chips fried thin & crisp & salted as a snack.

Prep them? Cook?

Ans: They require no prep. If purchased ripe, peeled, sliced, and fried in vegetable oil, placed on a plate with paper towel from drainage, and kept warm, served with the meal, breakfast lunch and dinner.

Demo peeling, cutting and cooking plantains, have a pan done – add set cooked plantains to this pan – keep warm in oven

What kind of sauce is used? – Fruit salsa? Chutneys? Jams/ butters? (**none**).