

# St. Kitts & Nevis

# National Dish

## Stewed Saltfish

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|-------------------------|----------------------------|
| 1 lb saltfish           | 2 tbsp margarine           |
| 1 green pepper diced    | 6 scallions finely chopped |
| 1 lb tomatoes chopped   | 2 tbsp parsley chopped     |
| 5 cloves chopped garlic | 1 small onion chopped      |
| 4 tbsp vegetable oil    | salt and pepper to taste   |

### Method

1. Soak saltfish overnight then boil in fresh water until tender.
2. Drain fish, remove the bones and scales and flake.
3. Heat oil in a large heavy saucepan. Add pepper, scallions, onion and garlic. Cover and cook over low heat for 5 minutes, stirring occasionally. Add the tomatoes and simmer over moderate heat until heated through for about 2 to 3 minutes. Add flaked saltfish along with margarine, salt and pepper. Cover the stew and simmer over low heat until heated through for about five minutes.
4. Arrange the saltfish on a plate. Sprinkle with parsley and serve with dumplings, breadfruit and spicy plantains.

## Spicy Plantains

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|--|--|
| 3 medium sized plantains<br>peeled and chopped into<br>1/2" pieces | 1/4 tsp of salt  |
| 2 tbsp fresh ginger peeled<br>and grated                           | 1/4 tsp of hot sauce or<br>finely chopped pepper<br>oil for frying |
| 1 small onion grated   |  |

Combine all the ingredients in a bowl. Toss until mixed. Fry in batches until golden brown and cooked. Remove and drain on paper towels. Serve along side saltfish, dumplings and breadfruit.

## Coconut Dumplings

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|---------------------------|------------------|
| 1/2 cup of grated coconut | 1 tbsp oil       |
| 1 1/2 cups of flour       | 1 tbsp margarine |
| 1/4 tsp of salt           | 1/2 cup of water |

### Method

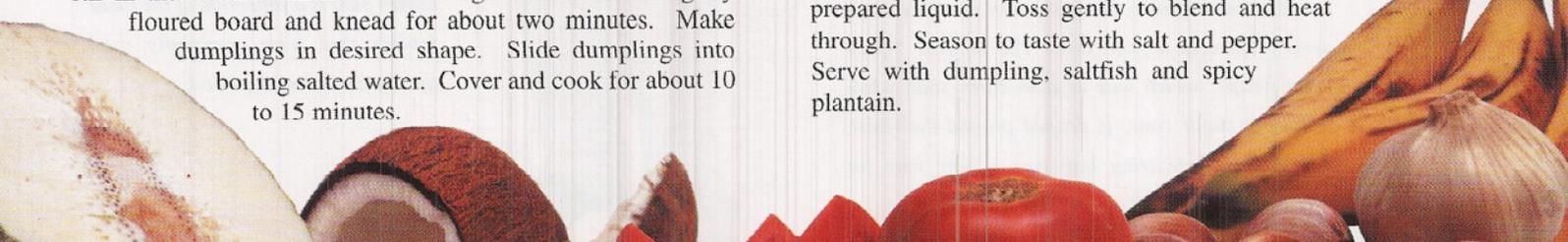
Place flour, coconut, salt, margarine and oil in a bowl. Gradually stir in the water to make a stiff dough. Turn onto a lightly floured board and knead for about two minutes. Make dumplings in desired shape. Slide dumplings into boiling salted water. Cover and cook for about 10 to 15 minutes.

## Seasoned Breadfruit

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|--|---|
| 3 cups full breadfruit chopped into<br>1" pieces | 1/2 cup of chicken broth or 1 cube<br>dissolved into 1/2 cup of water |
| 2 tbsp oil                                       | 1/4 tsp of salt   |
| 1 tbsp unsalted butter or margarine              | 1/4 tsp of freshly ground pepper                                      |
| 1/2 cup of red pepper diced                      |   |
| 1 medium onion chopped                           |   |
| 4 garlic cloves crushed                          |   |
| 2 tbsp of fresh parleys chopped                  |   |
| 1 tbsp fresh thyme leaves                        |   |

### Method

Melt butter or margarine in a heavy saucepan over medium heat then add oil. Add onions and cook until golden about 5 to 8 minutes, stirring often. Add garlic, thyme, red pepper and parsley and sauté for 30 secs. Remove from heat and add breadfruit with chicken broth or other prepared liquid. Toss gently to blend and heat through. Season to taste with salt and pepper. Serve with dumpling, saltfish and spicy plantain.



*NB – The breadfruit may be prepared in any other form that you may choose.*