

## CAFE THOMPSON RECIPE

# SALT COD FISH FRITTERS AND ESCOVITCH VEGETABLE

Salt fish fritters are a staple of the Caribbean islands. Typically made by mixing salt cod with a flour-based batter that is deep-fried until golden, these savory snacks are a popular part of the daily diet. Salt cod became a local staple in the 18th century at the height of the sugar trade.

**SERVES 6**

### INGREDIENTS

- 1 pound (113 grams) boneless salt cod
- 1/2 medium yellow onion (4 ounces, 113 grams), finely diced
- 1/2 medium plum tomato (2 ounces, 56 grams), cored and finely diced
- 2 ounces scallion, end trimmed and scallions minced
- 1 ounce Scotch bonnet (or habanero) pepper, stemmed, seeded and minced
- 1/2 teaspoon fresh thyme leaves
- Salt
- 1 tablespoon freshly ground black pepper
- 6 3/4 ounces all-purpose flour
- 3/4 cup water
- 1 quart vegetable or other neutral oil for frying

#### Escovitch Vegetable

- 1 each onion, carrot, green, red and yellow bell pepper, sliced
- 2 sprigs thyme
- 1 Scotch bonnet pepper, sliced
- 1 tablespoon sugar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon allspice
- 3/4 cup malt vinegar
- 1 teaspoon freshly ground white pepper



### DIRECTIONS

In a large bowl, cover the salt cod completely with cold water, transfer to the refrigerator and let soak for at least 8 or up to 12 hours.

Drain and rinse the salt cod with cold water. Flake the salt cod into small pieces. Stir in the onion, tomato, scallions, Scotch bonnet, thyme leaves, salt and a generous grinding of black pepper. Fold in the flour and then add the water.

In a large stainless-steel sauté pan, heat the oil. Carefully drop heaping 1-tablespoon-size dollops of batter into the oil. Fry the fritters until the edges turn golden brown, about 2 minutes. Flip the fritters and fry until the second side is golden, about 2 minutes longer.

In a large sauté pan add the onion, carrot, bell peppers, carrots, thyme, Scotch bonnet, sugar, Worcestershire sauce and allspice. Continue stirring for 2-3 minutes.

#### Make the Sauce

Add the vinegar, mix and adjust seasonings to your preference. Let simmer for about 2 more minutes. Serve hot with the Cod Fritters.

#### Side dish

Rice and Beans

