

Ackee and Saltfish

Yield: 7 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/national-dish-of-jamaica-recipe>

Ingredients:

- 1 pound salt cod dried
- 2 tablespoons canola oil
- 1 tablespoon fresh thyme leaves
- 4 cloves garlic finely chopped
- 1 large yellow onion chopped
- 1 tomato cored and chopped
- 1 green bell pepper each red and, stemmed, seeded, and chopped
- 1/2 scotch bonnet chile stemmed, seeded, and finely chopped
- 2 scallions thinly sliced
- 19 ounces ackee rinsed and drained
- kosher salt
- freshly ground black pepper