

JAMAICAN CALLALOO AND SALTFISH by Alan Marlor

Source: http://sunvillas.com/recipes_callaloo

Alan says, "I rarely use this exactly and just put in the ingredients listed in my own proportions or leave something out at times... like salt cod (just put in more bacon). It always turns out fine. I make it in a wok or large fry pan. You can see it uses the stems also. Not the big ones but smaller stems. A tip on keeping the callaloo fresh is to snip branches of it and then place in a glass of water. This revives it and prevents wilt. Treat callaloo like spinach. You can just steam it with a bit of garlic, salt and pepper and it is delicious. It even tastes like spinach and cooks up very fast. It is much tastier than Malabar spinach and does grow in the summer if you keep the bugs under control. It is grown year round in Jamaica."

Ingredients:

4 ounces salt cod

4 slices bacon, cut in 1/2" slices

1/2 pound callaloo, washed and chopped

1 small onion, chopped

1 teaspoon garlic, minced

1 small ripe tomato, coarsely chopped

2 sprigs fresh thyme

1 Scotch Bonnet chili or Habanero, flesh only no seeds or membrane. You can use whole or chopped into smaller pieces and then taken out before serving if desired.

3 scallions, coarsely chopped

salt, to taste

freshly ground black pepper, to taste

Serves 4

Preparation Time: 0:15 minutes

Total Time: 1:30 minutes

Soak the cod in hot water for at least an hour; changing the water at least once, to get rid of the excess salt. Drain the fish and tear into bite-sized pieces.

Sauté the bacon over medium-low heat until the fat is rendered. Add the onion and continue to cook until onion is translucent. Add the garlic and cook one minute more. Add the tomatoes and Scotch Bonnet and cook another two minutes. Add the callaloo and 1/4 cup water and continue cooking until the callaloo stems are almost cooked, then add the scallions and cook until callaloo is tender. Taste for salt. Transfer callaloo to a serving dish and top with freshly ground black pepper, Serve hot with boiled green bananas or Johnny Cakes.

