

Jamaican Ackee & Saltfish with Fried Plantains (Gluten-Free)

Ingredients

- 1 lb salted cod (desalted; see Step 1)
- 2 tbsp coconut oil (or olive oil)
- 1 large onion, thin slices
- 1 bell pepper (any color), thin strips
- 2 scallions, chopped
- 2 garlic cloves, minced
- 1 small Scotch bonnet or chili (optional, deseeded, minced)
- 1 tomato, diced
- 1 can (14 oz / 400 g) ackee, drained gently
- ½ tsp black pepper
- ¼ tsp dried thyme (or 1 tsp fresh)
- 2 ripe plantains, peeled and sliced on a bias, ½-inch thick
- Pinch of salt for plantains

Instructions (step by step)

1. Desalt the cod: Place salted cod in a bowl, cover with cold water, and refrigerate 12–24 hours, changing the water 2–3 times. (Fast

method: simmer in fresh water for 10 minutes, drain, taste; repeat once if still very salty.)

2. Poach and flake: Drain cod. Simmer in fresh water for 10 minutes. Drain, cool slightly, then flake with fingers and remove any skin or bones.
3. Cook vegetables: Heat 1½ tbsp oil in a wide skillet over medium heat. Add onion and bell pepper. Cook 4–5 minutes until softened. Add scallions, garlic, and chili (if using). Cook 30 seconds until fragrant.
4. Add tomato and cod: Stir in diced tomato. Cook 1 minute. Add flaked cod, black pepper, and thyme. Cook 2–3 minutes to warm through. Taste for salt (cod is salty; you may not need more).
5. Fold in ackee: Reduce heat to low. Add drained ackee very gently (it breaks easily). Fold once or twice just to warm, 2–3 minutes. Turn off heat.
6. Fry plantains: In a second skillet, heat remaining ½ tbsp oil over medium-high. Fry

plantain slices 2–3 minutes per side until golden. Sprinkle a small pinch of salt.

7. Serve: Plate ackee & saltfish with fried plantains on the side.

Benefits

- High-quality protein from cod.
- Potassium and fiber from ripe plantains.
- Healthy fats from ackee and coconut oil.
- Naturally gluten-free (no wheat ingredients).

Prep Time: 15 minutes active (plus desalting time)

Servings: 4