

Calaloo an Saltfish With Coconut Milk

With greater commitment to healthy eating, while ensuring great taste, a really wonderful Chat-Bout recommended option is Calaloo and saltfish with coconut milk. It's so easy that, if yuh spwile dat, it bad wid yuh... yuh really kyaan cook. Calaloo, the king of dark green leafy vegetables, is a great source of iron, and is something that even a bad cook will find hard to spoil. It is great by itself, or with salted codfish or any kind of meat or fish, and makes a great stuffing, on its own or combined with carbohydrates or more veggies. And not to mention di good ol calaloo rice! Or di pepperpot soup, one of the culinary delights passed down from the Tainos, the first inhabitants of Jamaica. The Jamaican calaloo has relatives, some being first cousins, while some are distant relatives, and this includes spinach, kale (injun kale), cocoa leaf and dasheen bush. Borrowing a little coconut milk secret from our Trinidadian friends, we can give Jamaican calaloo an extra kick.

What Yuh A Go Need

- Half pound of shredded calaloo (or 2 bundles if you prefer to strip & shred)
- Six ounces of salted codfish (saltfish), cooked, drained and flaked
- One medium sized onion (Onion powder if you really can't help it)
- One clove of garlic (garlic powder if you have no choice)
- Two sprigs of thyme
- Scotch bonnet or jalapeno pepper (whatever you can manage)
- Six ounces of coconut milk/cream (frozen, canned or mixed from powder)
- A dash of salt (if needed)

What Yuh A Go Do Dice and sautee onion, garlic, thyme and pepper. Add cooked, flaked saltfish, and stir gently. Add shredded calaloo and steam a little until it starts to 'swink'. Gently spoon coconut milk over the calaloo. Cover pot and let steam for five minutes, then stir until all ingredients are mixed. Cover again and cook for another five minutes. If it is too dry add an ounce or two of coconut milk. Serve warm with boiled green bananas, fried or boiled dumplings, rice, pasta, bread or eat by itself. Healthy and delicious