

# Fry Sprat

'Fry sprat' was one of the staples of the ol time 'Cold Supper Shop' and can be considered one of the earlier forms of fast food in Jamaica. Fry sprat is best when it is dry and crisp, and you can eat everything... bones and all.

Fry sprat and hard bread was the mainstay of most nine nights (wakes), and was a general favourite for most families. It was even more appreciated because it could be kept out of the fridge for up to 48 hours.

What Yuh Ago Need Two dozen sprat (we do not pluralize and say 'sprats') six ounces of white vinegar salt and black pepper to taste oil for frying Paper towels

What Yuh Ago Do Clean and wash the sprat with a mixture of water and vinegar. Dry with paper towel Season with salt and black pepper Heat oil in frying pan, till it is extremely hot Fry sprat till crispl. Remove from oil and drain on paper towels.. Serve with hard bread.