

Ackee Fritters

Ackee is the national fruit of Jamaica and is one of the main ingredients in the popular breakfast dish "Ackee and Saltfish."

Ackee is not indigenous to Jamaica but was imported from West Africa during the 18th century, the name is derived from the West African name "Akye Fufo". Whilst the tree is grown in many countries, it is only known to be cultivated for food in Jamaica. Well, if yuh is a ackee lover like most Jamaican, try out dis recipe. Yuh get 24 fritters Cook Time:20 minutes Prep Time:15 minutes What you ago need 8 Ounces counter flour1⁄2 Teaspoon salt1⁄2 Teaspoon white pepper2 Ounces onion, chopped3 Ounces sweet pepper, diced1 Cup grace ackees in salted water, drained and crushed1 Teaspoon Grace Hot Pepper Sauce1 egg3⁄4 Cup milk1 Cup Grace Vegetable Oil What to do 1. In a large bowl sift together flour, salt and white pepper. 2. Add chopped onions, diced sweet peppers, crushed GRACE ACKEES and GRACE HOT PEPPER SAUCE. Combine well. 3. Add beaten egg and gradually add just enough milk to make a batter that drops easily from a spoon. 4. In a large skillet heat GRACE VEGETABLE OIL. Drop batter by tablespoonsful, fry for 5 minutes, turn and fry on other side until golden brown. 5. Drain on absorbent paper. www.gracefood.com