

## Dip and Fall Back

If yuh know bout ole time Jamaica, yuh must know bout "Dip and Fall Back". Di younger generation will know it as di good ole 'Run Dung'.

When yuh boil down di coconut milk with seasoning to di point it turn custard and yuh add the salt fish - shad, cod or mackerel yuh haffi dip and fall back. 'Dip and Fall Back' got its name because the dish was served in a bowl in the middle of the table in which one dipped starchy food (yam, boiled green banana, breadfruit etc) before 'falling back' and allowing another person to dip. This dish probably gained prominence from a folk song composed during the second world war of the same name. One verse of the song: 'An if the war should come yaAn bomb begin to dropl woulda face a tank or a long range gunfe me dip and fall back.' The final verse quotes 'Mass John who says: Take me landTake me mule and take me drayTake me married wife and me three sweetheart awayTake away my house, and take me burial spotBut don't skylarkm I will bus' yu headFe me dip and fall back Mackerel Run Dung What yuh will need 1 Stalk escallion 1 Medium onion 4 Cloves garlic 1 Sprig thyme 2 Tablespoons Vegetable Oil 1 Tablespoon curry powder 1 Can coconut milk 1 Whole scotch bonnet pepper mackerel 4 pimento berries

### What to do

1. Chop seasonings except the scotch bonnet pepper and set aside.
2. Heat oil, in a saucepan add seasonings and sauté. Add curry powder and stir well.
3. Stir in coconut milk, add whole scotch bonnet pepper and allow to boil for 30 minutes.
4. Drain mackerel and add to reduced coconut sauce.
5. Stir in pimento berries.