

Auntie Joy's Cod Fish 'Flittaz'

If you are a bona fide Jamaicans you don't refer to it 'fritters' but 'flittaz'. Flittaz was one of the staples of the ol time cold supper shop, the precursor to the fast food shop.

The other advantage with 'flittaz' is that it can survive outside of the refrigerator for over 24 hours. Flittaz will provide you with carbohydrates, fats and oils and some protein, depending on what you choose as the 'salt ting'. Chat-Bout invites you to enjoy

Auntie Joy's Codfish Fritters

What Yuh A Go Need · ½ lb salted cod fish · 1 cup flour (whole wheat or white) · 1 onion finely chopped · finely chopped · 2 tsp baking powder · ½ scotch bonnet pepper finely chopped, or powdered pepper · 2 stalks scallions finely chopped · Black pepper to taste

What Yuh A Go Do

1. Soak cod fish overnight or scald for 10 minutes
2. Wash in cold water and shred finely
3. Combine fresh seasoning and fry in 1 tbsp oil until wilted
4. Drain off oil and add seasoning to cod fish
5. Combine flour with baking powder and add enough water to make a thick batter
6. Add fish and seasoning to batter
7. Heat frying pan and add 2 tablespoons of oil or enough to deep fry fritters.
8. Drop in 1 tablespoon of batter at a time and fry
9. Place on paper towels to absorb excess oil

Enjoy