

JAMAICA'S NATIONAL DISH

ACKEE & SALT FISH

<i>2 cans ackee</i>	<i>1/2 lb salt fish (cod fish)</i>
<i>1/4 cup oil or melted butter</i>	<i>3/4 black pepper</i>
<i>a few pieces of hot pepper</i>	<i>6 strips of crisp bacon</i>
<i>3 stalks of green onions or scallion</i>	<i>4 medium tomatoes chopped</i>
<i>3 1/2 onions chopped</i>	<i>garlic power to taste</i>

Soak the salt fish to remove salt as desired. Boil the salt fish in water for 15 minutes. Pour off the water and remove skin and bones. Cut the salt fish into little pieces and set aside.

Drain the ackee of the liquid and set aside.

Heat the oil and add the green onions, tomatoes, onions, and pepper for about 4 minutes over medium heat.

Add the fish stirring it with a fork. Add the ackee to the fish and lastly the bacon. Stir gently with a fork. Sprinkle with black pepper and garlic power.

Serve hot.

JAMAICAN SPICY FRUIT PUNCH

2 1/2 cups orange juice

1 cup pineapple juice

1/4 cup lemon juice

2 cups water

3/4 tsp nutmeg

1/2 tsp allspice or mixed spice

1 Tbsp grated lemon rind

4 1/2 Tbsp honey

crushed ice

6 1/4 cups ginger ale

Combine all ingredients leaving out the ginger ale and ice. Let chill for at least 3 1/2 hours. Strain and add ginger ale and ice. Makes 3 quarts.