

RECIPES



Bahamian Boiled Fish

Perfect for breakfast, lunch, or dinner, this flavorful stew combines flaky white fish, potatoes, lime, and spices for a hearty, satisfying meal.

Ingredients:

- 2 lbs. grouper (or any preferred white fish)
- 2 limes
- 2 yellow onions, thinly sliced
- 2 celery stalks, thinly sliced
- 1 garlic clove, minced
- 1 tsp ground thyme
- 2 tbsp butter
- 1 tbsp whole cloves
- 1/4 habanero or other hot pepper
- 1/2 lb. potatoes, peeled and thickly cubed
- Salt and pepper to taste

Directions:

1. Season fish with lime juice, salt, and pepper and set aside.
2. Fill a pot with two (2) cups of water and combine yellow onions, celery, garlic, thyme, butter, cloves, peppers, and potatoes. Bring to a boil, then cover and cook for 15 minutes, or until potatoes are almost done (just soft enough to push a fork through without breaking the potato).
3. Add more water to fill the pot, if necessary. Add fish with lime juice and reduce heat to simmer the stew for 10 minutes, or until the fish flakes easily.
4. Add salt and pepper to taste.
5. Spoon stew and plenty of broth into a bowl and enjoy!

Serving Suggestions:

Garnish with a few wedges of lime and add a side of yellow-corn grits or a slice of homemade Johnny Cake to soak up the flavorful broth.

Johnny Cake

This lightly sweet, dense bread has a tender texture and can be served with meals or eaten as a delicious snack any time. Serves 6.

Ingredients:

- 2 cups of flour
- 2 Tsp. baking powder
- 1 teaspoon salt
- 1 Tbsp. shortening or coconut oil
- 1 Tbsp. sugar

Directions:

1. Mix flour, baking powder, salt, shortening, and sugar with enough water to knead. Knead until smooth.
2. Roll out, on a lightly floured board, cover with a cloth and let dough rise.
3. Lightly grease a frying pan and bake at 350 degrees until brown on both sides or cook on stovetop at very low heat.
4. Serve warm with lots of butter.