

Bajan Fish Cakes



Crispy, Golden & Delicious

A beloved Barbadian classic made with salted fish, herbs and spices, crispy on the outside and tender on the inside. Perfect as a snack, side or light meal!

INGREDIENTS

- 1 lb salted fish (cod or herring)
- 1 medium onion, finely chopped
- 1 sweet pepper, chopped (any color)
- 2 stalks green onion, finely chopped
- 2 cloves garlic, minced
- 1 sprig thyme, leaves picked
- 1 sprig parsley, chopped
- 1 Scotch bonnet pepper, finely chopped (seeds removed for less heat)
- 1 cup flour
- 1/2 tsp baking powder
- 1/2 tsp black pepper
- Salt to taste
- Oil for frying

BAJAN TIP

For extra flavor, add a little grated onion or a pinch of whole grain mustard. Serve with pickled cucumber, pepper sauce or a squeeze of lime!



HOW TO PREPARE

1. **Prepare the Fish:** Soak salted fish in water for 1–2 hours, changing the water several times. Drain, then boil in fresh water for 10–15 minutes until tender. Drain and let cool. Remove bones and flake the fish.
2. **Mix the Ingredients:** In a large bowl, combine the flaked fish, onion, sweet pepper, green onion, garlic, thyme, parsley and Scotch bonnet pepper.
3. **Add Dry Ingredients:** Stir in flour, baking powder, black pepper and salt. Mix well.
4. **Form the Cakes:** Shape the mixture into small patties, about 2–3 inches wide and 1/2 inch thick.
5. **Fry the Fish Cakes:** Heat oil in a skillet over medium heat. Fry the cakes until golden brown on both sides, about 3–4 minutes per side.
6. **Drain & Serve:** Place on paper towels to drain. Serve hot with your favorite sides or dipping sauce.

Delicious Served With

Pickled cucumbers, pepper sauce, a fresh salad or Bajan bread.



Bon Appetite – Bajan Style!

