



CODFISH ACCRAS WITH GRATIN DE PAPAYE FROM MARTINIQUE

INGREDIENTS CODFISH ACCRAS

- 230 g de-salted boneless cod
- 0.5 ltr sunflower oil
- 1 finely chopped onion
- 1 clove garlic, grated
- 50 g chopped sweet peppers, or 30 g spicy chopped peppers.
- 3 heaped tsp finely chopped chives
- 2 heaped tsp finely chopped parsley
- 200 g flour
- 2 tsp baking powder
- Pepper and salt
- Water, room temperature

PREPARATION CODFISH ACCRAS

1. Flake the cod and set aside.
2. Heat oil in an iCook Non-Stick Frying Pan and sauté onions until soft. Add garlic, peppers, chives and parsley. Cook for 2 minutes, remove from heat and mix with flaked cod.
3. Mix together flour and baking powder in an iCook 3-Litre Stainless Steel Mixing Bowl. Add salt and pepper to taste.
4. Add seasoned fish to flour with water to create a thick batter. Add more flour or water to reach the desired thick consistency. Before adjusting quantities, test one or two accras.
5. Add approximately 4 cm of oil to the pan and heat on medium heat.
6. Drop batter into oil by the tablespoon. Let them cook and brown on one side and then flip to cook the other side.
7. Drain on paper towels.
8. Serve with a fresh salad, crudités or with the gratin de papaye.

INGREDIENTS GRATIN DE PAPAYE

- 2.5 kg green papayas (or banana)
- 4 ltr water
- 2 tsp allspice (pimento)
- 2 cloves
- 45 g salt
- 60 g butter
- 2 onions
- 2 sprigs parsley
- 2 garlic cloves
- 520 ml milk
- 100 g grated cheese

PREPARATION GRATIN DE PAPAYE

1. Wash, peel and remove seeds from papaya. Cut into slices.
2. Boil the water and add the allspice cloves and salt. Add the papaya slices and cook for 35 minutes.
3. Strain and discard water. Blend the papaya using the iCook Blender.
4. Melt butter in an iCook Senior Sauté Pan. Add the onion and parsley and cook until soft. Add the garlic and mix.
5. Stir in the milk, then the cheese and finally the grated papaya. Stir thoroughly. Place the mixture into ramekins. Sprinkle with grated cheese.
6. Grill with open door on 180°C until brown. Allow to cool before serving.

