

## Jerk fish

### **Ingredients:**

2 lbs Basa Steaks and Cod Fillets  
Half a cup Mango Pulp  
Half a cup of Tamarind Sauce  
1 cup Orange Juice  
1 Scotch Bonnet Pepper (or cayenne pepper if you want less spicy)  
1 tea spoon Coriander Paste  
Half a cup Corn Oil  
1 table spoon fresh Garlic pieces  
1 table spoon fresh Ginger pieces  
Half a tea spoon Black Salt  
1 tea spoon Sugar (we have used Brown Sugar)  
1 table spoon Ground Allspice  
1 table spoon Ground Cumin  
Half a tea spoon Dry Mint  
1 table spoon Corn Starch

### **Method:**

Blend in blender mango pulp, tamarind sauce, orange juice, scotch bonnet pepper, coriander paste, fresh garlic cloves pieces, fresh ginger pieces, black salt, sugar, ground allspice, ground cumin and dry mint. Blend for about 1 minute which will turn into jerk sauce. Put this sauce in a bowl.

Take a large pan and put part of the oil on it and prepare to place fish on it. Now dip fresh basa steak and cod fillets in the sauce and place them on the pan. Pre heat oven to 350 degrees. Place the fish in the oven for 15 minutes. At this time the fish will be done.

Take a pan and heat the balance of the oil on high heat. Put the remainder of the jerk sauce in it. Now take corn starch in a bowl with half a cup of water and stir till it liquefies. Put this in the jerk sauce and keep stirring it on medium low heat till the sauce thickens. Once the sauce thickens turn off the stove and the sauce is now ready to be served.

When 15 minutes is over, take out the fish from the oven. Put them in another plate. Take the thick sauce and put on top of the cooked fish. Fish is now ready to eat.

You can eat this fish with plain white rice or any other way that you like. Hope you enjoy it like we did with plain white rice.