

Required:

Okra, garlic, corn meal powder, salt (preferably sea salt), tomatoes, sweet peppers (red, green or yellow), onion (white or red), butter, celery, cucumber and a fresh snapper fish.



Fungi & Snapper

Okra: also known as Lady Fingers. This vegetable is a long green pod with a slightly furry skin and is often used to thicken soups and stews.

How To:

- boil the okra with garlic in pot and remove once boiled
- place cornmeal in bowl and add water. Mix to thin out.
- add mixture to a pot, add salt and pepper to mixture, continually stir!
- Put cornmeal mixture back into bowl and shake it in a circular motion until the cornmeal is formed into a round ball.

Making the Creole Sauce

- Chop tomatoes, sweet peppers, onion, celery, cucumber
- Put garlic and butter into frying pan (over medium flame), add chopped tomatoes, sweet peppers, onion and keep stirring
- Chop and add the boiled Okra to the mixture and keep stirring
- Mixture will thicken and turn redish colour (because of the tomatoes)

The Snapper Fish

- Select a fresh snapper fish
- In a separate pan fry snapper until ready
- When snapper is ready remove it and place it in the pan with the Creole sauce. With a large spoon, stir the sauce and keep pouring it over the snapper. Turn the snapper and keep pouring the sauce over the fish with your spoon...add hot sauce if desired.
- Place snapper and sauce in large plate and place ball of fungi on one side of the plate with the vegetables for a colourful dish, Caribbean style.

Antigua