

Ackee and Saltfish from Jamaica

By Dex

There is lots of delicious food in Jamaica, but this is my favourite dish! It's called Ackee and Saltfish.



Ackee is a fruit. In Jamaica it is sunny and there is a lot of delicious fruit.

Ingredients: 300g fish, 12 ackees, 1 tomato, 2 onions, 75g butter, 1 red chilli, 1 green pepper

What you need: an apron, a big pan, a knife, a spoon

Grandma's tip! 

- Don't use too many chillies! They are very spicy.
- If there aren't any ackees in the market, you can buy a jar of ackees in a Jamaican shop.
- You must wash the salt off the saltfish before you start. There is too much salt and it will taste horrible if you forget!



Traditional British Pancakes

By Ben

Pancakes are easy to make – you don't have to be a chef!

Traditionally in Britain, people eat pancakes on Pancake Day. But you can eat pancakes any time!

Ingredients: 110g flour, 2 eggs, 200ml milk, 50g butter

There are so many different fillings! Here are some of my favourites: strawberry jam, chocolate and bananas, sugar and lemon juice. My mum sometimes makes pancakes with chocolate ice cream inside. They're called *Mum's marvellous pancakes!*



Marie's top tip!

Try pancakes with a little maple syrup! They're sweet and yummy!



2 Read again and write A (ackee and saltfish) or B (pancakes).



- 1 This is a British recipe.
- 2 People eat this in Jamaica.
- 3 The main ingredient is a fruit.
- 4 There's a special day for these.
- 5 You need to use milk.
- 6 You need 75g of butter.
- 7 You can put ice cream inside.
- 8 One ingredient comes in a jar.

1. What happens if you don't wash the saltfish first?
2. How do chillies taste?
3. Where can we buy a jar of ackees?
4. What is an ackee?

1. Are pancakes difficult to make?
2. When can people eat pancakes?
3. What can you have inside your pancake?
4. How does Ben call his mom's pancakes?