



"I am impressed with the presentation of the cookbook. It is more than just recipes. It is a cultural education piece. From the poetry, to the short stories that reminded me of our old family dinners and I actually made the cabbage and tomatoes dish successfully. Congratulations." Wendy Hollien, Palm Beach County

"I just want to thank WMBM, I never thought one of my recipes would end up in a cookbook. This is an honor for me and I love the way the book is presented. I feel like a real author." Rothel Fussell, Slap Them Greens Contributor

**God is great. God is good.
Let us thank Him for our food.
Amen.**

Michelle's Boiled Fish Bahamian Style

(submitted by Michelle Dames, Nassau, Bahama)

Boiled Fish is noted for an outstanding hot spicy flavor. Bahamians enjoy a dish for breakfast along with hot buttered Johnny Cake and soft-cooked buttered grits.

Ingredients:

2 lbs. Fish (thick meat)
½ tbs. Potatoes (diced)
1 medium onion (rings)
2 oz. Salt pork (diced)
3 cups water
3 tablespoons lemon juice
1 hot pepper or hot sauce to taste
Salt to taste

Preparation:

Cut fish into eight pieces and score crosswise. Marinate with a fair amount of lemon juice, hot sauce and salt. Leave for 30 minutes. Use a half gallon pot, place in the following order, #1, 2, 3, 4, fish, potatoes, onions and salt pork. Put lid (cover) on pot and cook on medium heat for 5 minutes, Add #5, 6, 7, water, lemon juice and hot pepper or hot sauce. Season with salt and cook until potatoes are well done. To serve, remove potatoes first and handle the fish gently. Should your party be able to eat more pepper, add more. (Serves 4)

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