

SALTFISH-FREE FRITTERS

ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon smoked paprika
- 2 tablespoon seaweed seasoning
- 1 cup of artichokes
- 1/4 cup onion, finely chopped
- 1/4 cup bell pepper (red, green), finely chopped
- 1 small tomato, finely chopped
- 2-3 scallions, finely chopped
- 1 teaspoon fresh thyme leaves
- 1/2 scotch bonnet pepper, deseeded and finely minced (opt)
- 1 - 2 cups water (adjust as needed)



instructions

1. Preheat the oven to 400°F.
2. In a large bowl, combine flour, baking powder, and smoked paprika. Mix well.
3. Add artichokes, onion, bell peppers, tomato, scallions, thyme, and scotch bonnet pepper to the dry ingredients. Stir to combine.
4. Gradually add water while stirring to create a thick batter. Add water as needed.
5. Place the fritter mixture on a greased baking sheet lined with parchment paper.
6. Bake for 20 minutes, flipping half way, until golden brown.