

Scallion and Pepper Fry Bake

Fry bake is a popular fried bread in Caribbean cuisine. Every country has its own unique name for it. Some bakes are small and dense, and others are more airy. A good bake has a crisp golden brown exterior and a soft, fluffy inside. They are often served with salt fish and vegetables.



Ingredients

- 2 cups plain flour
- 1½ teaspoons baking powder
- 1½ teaspoons salt
- 1 tablespoon sugar
- 1½ teaspoons black pepper
- 2 chilli peppers
- ½ cup green onions
- 2 tablespoons butter
- ¾ cup warm water
- Oil for frying

Method

1. Mix flour, baking powder, salt, sugar and pepper in a bowl.
2. Add in the butter and rub to make crumbs.
3. Add the chopped chillies and onions and mix together.
4. Make a well in the centre and gradually add in the water to make a dough.
5. Make the right consistency by adding more water/flour. Knead the dough.
6. Make into 8 balls and place them on an oiled plate.
7. Cover with a damp paper towel and rest for 30-40 minutes.
8. Heat oil over a medium heat.
9. Flatten each dough ball into a disc - ½cm thick and 8cm in diameter.
10. Fry on each side for a couple of minutes until the bakes puff up and are golden brown.
11. Place on a paper towel to absorb some of the oil. Serve and enjoy!