

### TherA Taste of Tradition 🇧🇲

Growing up in Bermuda, Sunday mornings meant one thing – Codfish and Potatoes. The smell of salted cod simmering on the stove, the soft hum of calypso in the background, and everyone gathering after a long week of work made this dish more than just a meal — it was a family ritual.

This recipe celebrates that same Sunday tradition that's been passed through generations — a comforting mix of salt, spice, and island soul.



#### • Ingredients

- 1 lb salted codfish (salted cod)
- 1½ lbs potatoes, peeled and cut into chunks
- 4 hard-boiled eggs, peeled
- 1 large onion, sliced
- 1 large tomato, chopped
- ½ cup butter (or olive oil for a lighter version)
- ½ tsp black pepper
- 1 tbsp fresh parsley, chopped
- Hot sauce or sliced Bermuda banana peppers (optional)
- For the Traditional Bermuda "Sauce":
- 1 large onion, finely sliced
- 1 cup stewed tomatoes
- 1 tbsp butter
- Pinch of thyme
- Dash of black pepper



## Bermudian-Style Codfish and Potatoes



Serves: 4



Prep Time: 20 mins |

Cook Time: 30 mins |

Total Time: 50 mins

#### Method

1. Prepare the Codfish:
2. Soak the salted cod overnight in water, changing the water once or twice to remove excess salt. The next morning, drain and simmer in fresh water for about 10 minutes. Drain again and flake into chunks.
3. Boil the Potatoes:
4. Boil the potatoes in lightly salted water until tender, then drain.
5. Make the Bermuda Sauce:
6. In a pan, melt butter and add onions. Sauté until soft, then add stewed tomatoes, thyme, and black pepper. Simmer for 5 minutes until thick and flavorful.
7. Assemble the Dish:
8. On a plate, layer the boiled potatoes and flaked codfish. Add boiled eggs and sliced onions. Spoon over the warm Bermuda sauce and garnish with parsley.
9. Add Your Island Touch:
10. Drizzle with melted butter and serve with avocado slices, bananas, or a dash of hot sauce — just like back home.
- 11.

#### CHEF WILL'S TIPS:

- Chef Will's Tip 🗣️
- "Every Sunday morning, the pot would already be simmering. My grandmother made sure everyone ate before we left home. That plate of codfish and potatoes — with tomato sauce and bananas on the side — is more than food. It's home."
- Chef William Smith Local
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