

SALTFISH-STUFFED DUMPLINGS



A creative Caribbean twist on traditional saltfish buljol—tucked inside tender boiled dumplings and tossed in a flavourful sautéed tomato mixture. Pure island comfort!

✦ INGREDIENTS



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SAVORY LIFESTYLE

For the Dough:

- 5 cups all-purpose flour
- ½ tbsp salt
- 1 tbsp sugar
- Water (enough to form a smooth dough)

For the Saltfish Filling:

- 1 cup cooked, cleaned, and shredded saltfish
- 2 tbsp chopped garlic
- 3 pimentos, chopped
- ¼ cup chopped bandania (culantro or shadon beni)
- 1 cup grated carrots
- 1 large onion, diced
- 2 cups finely chopped cabbage
- ¼ cup ketchup
- Salt, black pepper, dried thyme, and all-purpose seasoning to taste
- 2 tbsp oil (for sautéing)

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For the Final Tomato Sauté:

- 3 tbsp oil
- Chopped tomatoes
- Chopped onions
- Chopped garlic
- Chopped parsley
- Chopped sweet peppers
- Salt, black pepper, all-purpose seasoning (to taste)



INSTRUCTIONS:

- Make the Dough:
- In a large bowl, mix flour, salt, and sugar.
- Gradually add water and knead to form a smooth, firm dough.
- Knead for an additional 5 minutes until the dough is pliable but not sticky.
- Cover and let the dough rest for 15 minutes.
- After resting, divide into 20–26 equal pieces.
- Roll each piece into a smooth ball and let them rest for another 10 minutes.

Prepare the Filling:

- In a medium pot, heat 2 tablespoons of oil over medium heat.
- Add garlic, pimentos, onion, carrots, cabbage, and bandania. Sauté until tender.
- Stir in the shredded saltfish and season with salt, pepper, dried thyme, and all-purpose seasoning to taste.
- Add ketchup and stir to combine. Remove from heat and let cool completely.



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Assemble the Dumplings:

- Roll each dough ball into a 3–4 inch round.
- Add 1–2 tablespoons of filling to the center.
- Fold the edges over and seal tightly. Use a fork to crimp the edges or fold over the seam to create a neat, decorative seal.
- Make sure dumplings are well-sealed to avoid splitting during cooking.

Boil the Dumplings:

- Bring a large pot of salted water to a gentle boil.
- Carefully place dumplings into the pot.
- Cook for 5–8 minutes, or until dumplings float to the top and are firm to the touch.
- Gently remove using a slotted spoon or spider to avoid breaking them.

Finish in the Tomato Sauté:

- In a large sauté pan or pot, heat 3 tablespoons of oil.
- Add chopped tomatoes, onions, garlic, parsley, and sweet peppers. Sauté until fragrant and tender.
- Season with salt, black pepper, and all-purpose seasoning.
- Add the boiled dumplings and gently toss to coat them in the flavourful tomato mixture.



Samantha's Side Note:

- *These dumplings are super versatile! You can stuff them with any combination of meat or vegetables you love. They're also perfect for freezing—just prep and store them, then boil when you're ready for a quick and satisfying meal.*



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