



NYAMMINGS

AND

JAMMINGS

“A recipe is a story that ends with a good meal.”

Pat Conroy

WORD FROM THE AUTHOR

Surrounded by an endless expanse of turquoise wonder that stretches towards the gold stitched horizon, is an island of unfathomable beauty and divinity bathed by the warm glow of the brilliant Caribbean Sun, that hangs in the sky like a shining medallion. Jamaica is an island like no other with its rolling forest green hills, laid out like a casually discarded blanket along the backbone of the countryside rising and falling in soft waves.

These hills are the companions of forests all across the island peopled by exquisite flora and fauna who coexist in one accord adding to the delicate equilibrium of forest life judged by a council of tightly knitted trees innumerable in their shapes and sizes. With their canopies pierced by lances of sunlight, ethereal streams of soft sunlight escape from the thick foliage clothed in the green of every palate. The rivers, fed fat by the mountain streams are the homes of tribes of fish and marine life darting peacefully over the moss smattered pebbles strewn across the river bed.

Yes, Jamaica is indeed a most beautiful isle, however, its beauty is not only seen in its picturesque landscape but also in the rich interactive cultures hybridized from the plethora of people that inhabited the island. From this hybridization of culture emanated the world renowned cuisine uniquely Jamaican that is a kaleidoscope of bold flavours, intense spices and cooking techniques influenced in part by the cooking traditions of:

- the indigenous Amerindian tribes that settled on the island from as early as 100 A.D to the 1560's. Characterized as gentle and loving by nature, the Tainos were expert fisher men, crafters and hunter—gatherers who sustained themselves from the land principally consuming fish and the Green West Indian Turtle, herbs and berries, birds and small wild animals.
- the Spanish 'conquistadors' led by Christopher Columbus who ruled Jamaica for 161 years until the island was seized in 1655 by the British. They left not only a history plagued by the decimation of the Taino race and the introduction of European diseases such as Smallpox and Measles but they are also responsible for the expansion of Jamaica's agricultural profile through the introduction of several crops and livestock on the island.
- the English who seized control of the island from the Spaniards in 1655 and ruled supreme until Jamaica's independence from British sovereignty in 1962. The English were not only responsible for introducing the wide array of cultural groups namely the Chinese, Indians and other foreign ethnicities but like their counterparts who previously occupied the island, they contributed significantly towards the diversification of Jamaica's agricultural profile. This was done primarily through the introduction of agricultural produce from the continents of Europe, Africa and Asia via slave ships in Trans-Atlantic Slave Trade. They too instituted a legacy of monoculture in the agricultural sector with the widespread cultivation of sugarcane by African slave labour.
- the Africans who were forcibly uprooted from their homes and bought to the Jamaica to work as enslaved labourers on vast sugarcane plantations. They brought with them, across the Atlantic Ocean, classic West African cuisine which is evident today in Jamaican cuisine through jerk sauces for meats such as chicken and pork; a favourite for many Jamaicans and international guests to the island. The Jamaican favourite of Rice and Peas which is a popular delicacy for many Jamaican homes for Sunday Dinners contains West African

flavour being cooked similarly as the Ghanaian Waakye. It is from the African continent that the ackee fruit and breadfruit were brought via slave ships to Jamaica. On Jamaican plantations, the ackee fruit was combined with the meager rations given to the slaves by the plantation owners, particularly salted fish and became a recipe for a Jamaican delicacy.

- The Indians and Chinese who were brought to Jamaica after the Emancipation of the enslaved Africans to work as indentured labourers on sugar plantations. These two ethnic groups contributed to the expansion of flavours in the Jamaican gastronomic palate through the introduction of spices such as curry, which is fused with island flavours to produce a host of unique Jamaican dishes inspired by Asian recipes.

The Indians also are responsible for the widespread popularity of roti, which can often be found wrapped snugly around a wide array of Jamaican goodies. The Chinese much like the Indians expanded the culinary profile of Jamaica with modern Jamaican favourites such as Chow mein, sweet and sour meats and fried rice often sold in the numerous Chinese restaurants which can be found in any town in Jamaica. The Chinese are also particularly credited with popularizing rice as a common Jamaican staple.

Inspiration for Jamaican cuisine can not only be seen by the influences of the island's inhabitants but also the crops introduced to Jamaica by these people and the wide variety of those that are grown locally. It is often said that imitation is the highest form of flattery. This is indeed true in the case of some Jamaican dishes which are variations of regional and international cuisines brought to the island. In true Jamaican fashion these have been modified to incorporate local produce and spices to substitute the more exotic tastes and to add that unique Jamaican flare. Other dishes that constitute the all encompassing Jamaican cuisine marries old recipes with new fusions of flavours and spices to enable the flow of culinary creativity which has made Jamaica a gastronomic mecca.

Just as no adventurer worth their 'salt' can resist the hypnotic lure of the saline opera emanating from the Caribbean Sea and the Afro-Carib beats that serve as a soundtrack for island life; no cook can resist the allurements of his/ her favourite recipes. The recipes within the pages of this book are critic friendly guaranteed to bring rave reviews from even the pickiest of eaters. These recipes have been perfected by culinary masterminds with years of cooking experience and are assured to give you a taste of culinary dreams.

It is my belief that food should be a pleasure to prepare and serve. The recipient to which any dish is served should not just be given sustenance but must also be provided with a culinary experience that incorporates sight, touch, and smell to yield the highest quality of taste. The pictures that grace the pages of this book are a prelude to the immense tastes that will follow, they are in a metaphorical sense, appetizers for the eyes, providing your sense of sight with a nibble of the dish presented in high definition.

Once you open the pages of this book, you will be brought to a culinary wonderland of delights where you will be presented with a fine selection of Jamaican recipes bursting with bold flavours and intense spices, artfully fused together to provide the ultimate gastronomic experience guaranteed to whet your appetite and tantalize your taste buds.

Bon Appetite!

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A DAT YUH AH
SEH!



Ackee



With historic associations to West Africa; the ackee, whose botanical name is *Blighia sapida* was honorarily named after Captain William Bligh of “Mutiny in Bounty” brought to fruit to Jamaica’s shores in 1778. To honour its roots to the motherland, the commonly used name of the fruit was derived from its original name ‘ankye’ which comes from the Twi language of Ghana.

Although ackee is not native to Jamaica, on the island it grows luxuriantly, with trees producing large quantities of the fruit each year. The two types of ackee that ‘bears’ on the island can be identified by the colour of the aril, which is the edible part of the fruit. Those with a soft yellow aril are referred to as ‘butter ackee’ while those with a hard, cream coloured aril is called ‘cheese ackee’ by the islanders. The ackee although edible contains a poison known as hypoglycin which dissipates after the fruit is properly harvested, shelled from its pod, cleaned by removing the stringy red fibres found inside the fruit and cooked thoroughly.

The ackee once ripened and matured are picked from trees and are sold at local markets. The popularity of the fruit as a market crop is evident in one of Jamaica’s folk songs where a line in the song states, “Carry me ackee go a Linstead Market, not a quattie wut sell”. This song is often sung at national Festival song competitions hosted by the Jamaica Cultural Development Commission (JCDC) and for national celebrations of culture and heritage to remind Jamaicans of their culture. The fruit is honoured not only in this way, but has been given the distinction of Jamaica’s National Fruit and is even used to create Jamaica’s National Dish, Ackee and Saltfish along with flaked salted codfish. This local delicacy is perhaps one of Jamaica’s world—renowned dishes with regional and international foodies clamouring to the island annually to sample this local fare. The ackee again is used in other dishes such as Ackee and Corned Pork, it makes a delicious topping for Ackee pizza and a hearty filling for vegetarian Ackee Patties.

Arrowroot



Arrowroot refers to a tuber whose given botanical name is *Maranta arundinacea*. The botanical name of this popular starch is said to have been inspired by a 'healer' of the same name who used slices of the tuber to treat the inflammation of wounds inflicted by poisonous arrows. The common name 'arrowroot' is said to have been derived not only from its medicinal uses but also from the Arawak Indians' name for the plant, which was aru aru. The cultivation of Arrowroot can be traced as early as 7000 years ago having been cultivated by the indigenous peoples of South America. The root was brought to the island by the Arawakan people at some point prior to the arrival of Christopher Columbus. During the 15th century the Arrowroot found new medicinal use in the treatment of sores and infections. It was not until the 18th century that the root was adopted in the preparation of food. African slaves in Jamaica are thought to be the first group of people to use the root for culinary purposes. The Arrowroot as per African custom was ground with a mortar and pestle, boiled in liquid and sweetened. This porridge was used by African slave mothers to feed their infants. The Arrowroot porridge became increasingly popular on the island as it was found to be vitamin and mineral rich, with folk doctors on the island singing its praises for aiding in the relieve of diarrhoea and other stomach and intestinal problems. The recipe for this porridge through centuries has been passed down from generation to generation earning its rightful place among the wide array of porridges prepared and eaten daily by Jamaicans.

The powder obtained from Arrowroot was later used as a substitute for other starches, a thickener for gravies and stews and eventually became the primary ingredient in puddings, cakes and biscuits. It was used not only locally but also had its place on the international market having been commercially exported from Jamaica to the United Kingdom from as early as the 18th century.

Avocado



Botanically referred to as '*Persea Americana*', the avocado was first cultivated around 7000 B.C in Mexico, later spreading to other South and Central American countries. The Aztecs named it 'ahuacatl', a Nahuatl word which means testicle. It was so named on the basis of its shape and the Aztec belief that the fruit, which grows in pairs was the physical representation of love and fertility. The Aztec name for the fruit was later substituted by the term 'aguacate' in the 16th century when Spanish conquistadors learned of its existence from the Aztecs. It is therefore the Spanish who introduced the avocado to Jamaica. The first reference to avocados on the island can be found in a 1696 catalogue of plants found on the island. Here the fruit is called a pear, in reference to the English translation of 'aguacate' which roughly translates to 'alligator pear'. Today in Jamaica, slices of the ripe avocado are eaten alongside fried breadfruits, plantain and Johnnycakes as side dishes to popular Jamaican delicacies eaten for breakfast, lunch and dinner. The fruit is made into guacamole, which features the authentic jerk Jamaican flavours and eaten as a dip with Fried Breadfruit slices for an appetizer. Jamaicans have additionally eaten slices of the avocado with 'bulla' (a sweet, gingery bread). This popular snack is referred to as "Bulla and Pear" and is a delightful local fare.

Banana



The origins of banana can be traced to South Asia. The fruit was then distributed across the African continent by Arabs later being introduced to the New World following the advent of European exploration and colonisation. First brought to the Canary Islands, bananas were then transported to Hispaniola by a Spanish Missionary who in turn brought the plant to Jamaica in 1516. Once introduced to the island several varieties of the plant were grown on the island. The most popular of these being the: Robusta, Lacatan, Silk, Grand Nain and Gros Michael which was introduced by the French botanist Pouyat who planted the crop on his St. Andrew coffee plantation in 1835. Some of these varieties were later mixed and hybridized to produce bananas endemic to Jamaica. These include the R61 which was developed by Ren Gonsalves, the Tetraploid 1242 and the Tetraploid 6812 developed by Dr. Ken Shephard and the Highgate Variety.

After several centuries' banana took its place in Jamaican history for being one of Jamaica's finest export crops following the fall of sugar. The crop became so popular on the island that the women and men who worked on banana plantations mostly in St. Mary and Portland, would sing the famous Jamaican 'Banana Boat song'. This memorable line from this song showcases the struggles associated with the growth and harvesting of the crop— "come missa tallyman ally me banana, day deh light an me wah go home."

Today, in Jamaica banana is eaten both 'green' and ripened. Green bananas are skinned, boiled and eaten with any protein of your choice alongside other starches and vegetables for any meal of the day. The green banana is also, grated and used to make Banana Porridge, a favourite for many Jamaicans. When ripened the banana is used to make punches, smoothies and a flavourful dessert bread.

Breadfruit



First introduced on the island by Captain William Bligh and the HMS Providence in 1793, the crop was first planted in Jamaica's Bath Botanical Gardens in St. Thomas and then slowly dispersed across the island starting with Bluefields in Westmoreland. Breadfruit, before its popularization as a local delicacy was considered slave food as it was primarily used by plantation owners as an inexpensive and nutritious way to feed throngs of hungry slaves who toiled tirelessly on sugar plantations. Breadfruit then was detested by the slaves who were indifferent to its exotic taste. It took more than 40 years for people on the island to become accustomed to the fruit. Once this occurred, every yard in Jamaica brandished one or more of the breadfruit trees. Breadfruit, which are considered as almost a complete meal, is eaten in many ways when mature. Islanders roast, boil, fry, mash and make chips, salads, porridges, soups and confectionaries from the mature breadfruit. These are eaten for breakfast, lunch, dinner and as snacks.

Bulgur



Originating in the Mediterranean, bulgur is an edible cereal grain made from dried, cracked wheat. Bulgur was brought to the island by the Lebanese in the 19th century who came to the New World to escape religious prosecution at the hands of the Muslim Turks who controlled most of the area under the Ottoman Empire. The grain is often parboiled and cooked until it has a similar consistency to cous-cous or quinoa. The grain is not only cooked and eaten like rice but is also made into a porridge, which is sweetened and spiced. The wheat is known by many Jamaicans for aiding in digestion and gut health, blood sugar control, promoting weight loss and reducing the risk of heart disease.

Cabbage



The round headed cabbage first appeared in history in 14th century England and became more and more popular in European cuisine. From Europe cultivated variants of cabbage was transported to the Americas in the 16th century onboard ships where the vegetable was used to prevent scurvy. Today in Jamaica, cabbage is shredded and eaten raw in salads and slaws, juiced in smoothies, steamed with other vegetables and incorporated into one pot rice meals.

Callaloo



History is somewhat muddled as it relates to Jamaican callaloo. It may have arrived on the island with the Taino who make use of its leaves and stem in the famous Pepper Pot Soup or came from West Africa aboard slave ships. One thing that is certain is that the way in which Jamaicans prepare the callaloo is in the classic West African style. The plant first turns up in Jamaican almanac records as early as 1696 but the plant was no doubt here before the arrival of the English. In Jamaica the meal of Steamed Callaloo is prepared by cleaning the leaves and stems, cutting them and steaming them with chopped vegetables, peppers, aromatics such as garlic, onion, thyme and escallion. Popularly, on the island flaked salted codfish is often added to the steamed callaloo leaves. This is often eaten with fried dumplings affectionately called Johnnycakes or fried breadfruit slices. Callaloo also, is used in creating the popular Pepper pot soup and in green juices and smoothies. Alternately in modern times following the influence of Italian and American cooking Steamed Callaloo with Saltfish is used as a topping for pizza.

Carrot



The cultivation of carrots in the New World began in the 16th century with European settlers who procured the crops from Iran and Afghanistan. Carrots were instantly embraced due to their high nutritional value and their ability to remain edible without refrigeration. In Jamaica, carrots are used in a plethora of ways. They are used in soups, stews, salads, slaws and juices with the most popular one being the Jamaican Carrot Punch.

Cassava



Tall, tropical bushes of spiny stems and broad green leaves, cassava has been tied to Jamaican history and gastronomy from the settlement of the island by the Indigenous peoples. The Tainos, mass produced this root all across the island, removing the poisonous juices from the tuber, pounding and flattening it into thin circles and baking it as a bread. This bread was often paired with fish caught by skilled Taino fishermen. This bread is the predecessor for the Jamaican bammy, which is made in the same way but is often soaked in milk and then baked, roasted or fried. Continuing the legacy of the Tainos, Jamaicans today eat Fried Bammies with Steamed or Escoveitch Fish. Cassava is used by the Jamaican people not only in this way but is also the primary ingredient in Cassava Pone, a pudding made from cassava, coconut milk, spices and sugars.

A look at Jamaica's culinary history will reveal the strong marriage between Jamaicans and alcohol. The Tainos not only ate the cassava root but also used it to ferment libations such as beer. This is perhaps the reason why Jamaica's most favourite beer company Red Stripe, utilises cassava in the fermentation of their flavoured and unflavoured lager beers. These beers, served icy cold are extremely popular on the island especially the Sorrel and Lemon Flavours.

Citrus Fruits



Citruses were introduced to the island by the Spanish during the late 15th century. The most popular citrus on the island include the:

Ortanique— This seedless fruit is a cross between a tangerine and an orange. This naturally juicy tangor can be enjoyed straight from the tree or in salads and juices.

Sour Orange — Also known by locals as bitter or Seville orange, this citrus is used alternatively to lemons to make lemonade. The sour orange is additionally useful in the preparation of marmalades, jams and can even be fermented to make orange wine or orange liqueur.

Tangerine— The carpals of this citrus are most notably eaten raw by Jamaicans and are added in salads or desserts for a sweet and tarty zest.

Uniq— Indigenous to Jamaica the uniq, affectionately referred to as the 'ugli' by Jamaicans, this exotic tangelo is said to be created via the hybridizing of tangerine, oranges and grapefruit. This citrus is sweet, tangy and perfect for creating refreshments.

Coconut



The first palm or coconut tree could be found on the island in the middle of the 16th century having been introduced by the Spanish. They became increasingly common on the island by the year 1681. The crop was initially planted near harbours and coastal settlements, it is perhaps for this reason that Jamaica, as an island, became synonymous to white sandy beaches lined with coconut trees and palm. However, with the expansion of Jamaica's agricultural profile the crop was then sowed inland.

Coconuts can either be harvested while young; islanders refer to the young pulp as 'jelly', or matured. When young, the coconut jelly is thin and soft and the water inside the coconut tastes sweet and refreshing. Once mature, the pulp becomes thicker and more solid. It is this pulp that is taken and used to make coconut milk and other delicacies. Coconut milk is made from grating the pulp of the mature coconut, steeping it in hot water and straining the liquid through a fine mesh. This milk is used in curries, desserts, rundown and the popular Jamaican Rice and Peas and Rice and Gungo peas. Additionally, the mature pulp of the coconut is often grated or finely cubed to make desserts such as Gizzada, Grater Cake and Coconut Drops.

Nicknamed the tree of life, the coconut is not only eaten, drunk or used in food preparation. The fronds or thatch from the tree make excellent roofing and can be woven to make sacks. The shells once dug out and polished can be used to create jewellery and utensils and fine charcoal for burning.

Conch



Pronounced 'konk' or 'kunk', this sea lovers delicacy is the common name for a number of different medium to large sized sea snails or shells. Indigenous the waters of Mexico and Jamaica, conchs are highly valued for seafood and are used by islanders as bait for fish. In Jamaica the meat of the conch is eaten raw in salads, cooked in burgers, chowders, fritters, soups and gumbos. The most popular conch related foods are Conch Fritters, Conch Salad and Conch Soup.

Corn



Referred to as Indian corn or maize, this grain was brough to Jamaica by the Tainos some 2500 years ago. It was first domesticated by the native peoples in Mexico about 10,000 years ago who then introduced it to European colonists and other explorers. In Jamaican gastronomy corn is used in soups or is boiled or roasted.

Cornmeal



Cornmeal is a coarse meal flour ground from dried maize. It is a common staple food for many Jamaicans who use the ground meal to make dumplings, porridges and puddings. Like the Spanish Jamaicans too make a dish of cooked cornmeal similar to Polenta, named Turned Cornmeal because of the series of repetitive terms required to cook the starch, this dish is cooked and seasoned with coconut milk, thyme, scallion and crushed garlic.

Escallion



Affectionately called 'skellion' by Jamaicans this seasoning is an allium native to China. Brought to the island by indentured Chinese labourers, escallion is used when cooking almost every savoury Jamaican dish. It is often used in conjunction with thyme, Scotch Bonnet Pepper, onion and garlic to season meats, stews, soups, curries and rice dishes. Escallion is grown lucratively in St. Elizabeth, the 'bread and basket' parish of Jamaica. The 'red' and 'white' varieties of escallion are quite potent and exudes a unique flavour in Jamaican dishes.

Garlic



A plant in the allium family, garlic is closely related to onions, shallots and leeks. Garlic bulbs are segmented into cloves which are peeled, crushed, minced and used to season savoury dishes. The strong pungent smell and taste of garlic imparts a delicious flavour in many dishes.

Ginger



Ginger, botanically called 'Zingiber officinale', has its origins in Asia and is thought to have been introduced to Jamaica in the year 1525 by the Spanish. Ginger was first associated with the parish of St. Ann but in recent times has extended to other parishes. The Jamaican ginger is considered to be the best in regional and international markets with a plethora of uses including cooking, baking and making beverages. Products made from the Jamaican ginger include ginger biscuits, ginger bullas, ginger beer and ales and is used in beverage such as Sorrell and June Plum.

Gungo Peas



Also known as Pigeon Peas have become a popular source of protein for Asian, African and Latin American populations since its domestication in the Indian subcontinent at least 3500 years ago. The pea was first transported from Eastern India and brought to east and west Africa and eventually to the Americas by African slaves probably around the 17th century. The peas are shelled and used green or dried in rice dishes, soups and stews. They can additionally be used to make a delicious Gungo Wine when fermented.

Irish Moss



These eponymous algae, officially named *Chondrus crispus* was first introduced to the island by Irish immigrants hence the colloquial name of the plant. These algae were originally found near Ireland, growing abundantly along the rocky parts of the Atlantic coast of Europe and was consumed by the Irish heavily in the 19th century during a great famine. The moss now grows on rocks in Jamaica, who like the Irish have found it particularly useful in the creation of the Irish Moss Drink.

June Plum



Brought to the Jamaica in 1872, the June plum carries several other names including Jew Plum, Ambarella, Golden Apple and Yellow Egg. Oval in shape, this fruit is tangy and can be eaten when unripe or ripened. This South East Asia native when unripe is eaten straight off the tree as is or with a speckling of salt. When ripened the fruit, the fruit is chopped, blended and sweetened to make June Plum Juice or is stewed with brown sugar to make jams and chutneys. The fruit of the plant is not the only part that is commonly used by Jamaicans. The bark, leaves and roots are helpful in treating a variety of ailments such as diarrhoea, headaches, heart and urinary conditions.

Mango



A native fruit of India, the mango was first introduced to Jamaica in 1782 by Lord Rodney who captured a French ship transporting it to Hispaniola. With Jamaica being the nearest English colony, the ship's route was changed to the island and so the fruit found its way on Jamaican shores. With the intense love that Jamaicans share for the fruit, one could never assume that the fruit was not endemic to the island. Despite this fact, several varieties of the beloved fruit can be found on the island. They are most abundant in St. Thomas, St. Mary, Clarendon and St. Elizabeth. The most noted of them being: East Indian, Julian, Blackie, Stringy, Sweetie Come Brush Me, Common, Bombay and Nelson. These mangoes when ripened during peak 'mango season' are eaten raw. Such a time is described in the famous song 'Mango Time' where the singer in elation exclaims that

“In di season of the crop when di fruit dem a ripe and drop...” you should— “Wash yuh pot and tun den dung ah mango time!” Mangoes additionally are curried, used to make chutneys, juices and ice—cream.

Nutmeg



This popular spice is made from the seeds of the ‘Myristica fragrans’, a tropical tree native to the Moloccas— ‘Spice Islands’. The tree spread to other East Indian countries such as India when the British took over the ‘Spice Islands’ in 1796. The spice was then brought to the Jamaica islands on British ships transporting indentured East Indian labourers. The nutmeg can be found whole as a seed or grounded. Whatever form the spice takes, it is used extensively in Jamaican punches, shakes, porridges and desserts.

Okra



Affectionately called ‘lady fingers’ or ‘bamia’ the okra is native to North East Africa. A flowering plant of the Mallow family, the okra was transported to the New World onboard slave ships during the Trans—Atlantic Slave Trade. In Jamaica the okra is highly valued for its edible green seed pods which are often cooked in Pepper Pot Soups, Steamed Fish and is used to make vegetable juice.

Onion



The most widely cultivated species of the genus *Allium*, the onion is closely related to garlic, scallion, shallot, leek and chive with which it is most widely used in Jamaican food. It is used to season fish, seafood, meat, curries, stews and steamed veggies. Onion cultivation in Jamaica dates back to more than 50 years ago, in the mid 1960's.

Peanut



Peanuts, scientifically named '*Arachis hypogaea*' are a legume with historic origins rooted in South America. They were first brought to Jamaica by the Taino who planted it on their farm plots along with cassava, tobacco and peppers. Peanuts are closely related to beans, lentils and soy. In Jamaica peanuts are consumed in many different ways. Once matured; the island people harvest them and husk them from their shells. The peanut that is obtained are often roasted or used raw. Whatever way in which the peanut is prepared, the legume is used to create a Peanut Porridge, desserts such Peanut Drops and rich creamy Peanut Punch.

Plantain



Plantains arrived in Jamaica in 1494 with Spanish invaders who forcibly took control of the island from the meek Tainos who had previously occupied it. After several decades, the plant gained more popularity with the arrival of enslaved Africans. The frying, boiling and roasting of plantains originated with the importation of slaves from West Africa who prior to being brought to Jamaica to work on sugarcane plantations already had this vegetable as an essential ingredient in West African cuisine. Here, in Jamaica plantains are prepared in the same ways. The green plantain much like banana is peeled, grated and made into a creamy breakfast porridge. Once ripened plantains are chopped, boiled and can be eaten along with other starchy vegetables or added in soups. Ripened plantains are prepared not only in this way but are additionally fried. When fried they are served as a side for rice dishes or eaten with bread. They are also popular on the island as chips.

Pimento



Also called allspice, this seasoning is endemic to Jamaica. The All spice is one of the most important spice or seasoning in Jamaican cuisine. When ripe Pimento berries are often dried and used to season soups, curries, rice dishes, meats fish and chicken meals. The wood obtained from the Pimento tree is also used in the jerking and roasting of foods as it imparts a savoury, smoky taste to the food unlike any other wood.

Pineapple



First brought to the island by the Tainos, the pineapple was originally cultivated in Brazil and Paraguay. In Taino culture the pineapple or the pineapple top was placed outside their dwellings as symbols of friendship and hospitality. Although the pineapple had been in Jamaica several centuries before the arrival of European invaders, the fruit was first mentioned in a Jamaican almanac from as early as 1657. In 1661 the pineapple made its appearance in Jamaican history again when it was featured on the coat of arms granted to the island by the British Crown. While the Jamaican coat of arms endured several changes, to this day the five pineapples remain in fixed position. In Jamaica there are four main varieties of pineapple grown on the island. These are the Sugarloaf, Cowboy, Ripley and Smooth cayenne. No matter what type, pineapples when ripened are peeled and eaten and are used to make a delicious, refreshing Pineapple Juice. Pineapples are also featured in salads, jams and chutney.

Red Peas



Originating first in Peru over 8,000 years ago, the red peas along with several other varieties of beans are collectively referred to as 'common beans'. Named Red Kidney Beans due to its visual resemblance in shape and colour to the human kidney, on the island, the pea is most commonly used in the creation of the famous Jamaican Red Peas Soup and the Jamaican Rice and Peas.

Rice



With rice being one of the most popular staples on the island, one would think that the crop was originally grown on the island. This is however not the case, as the staple was first introduced to the Caribbean by European colonizers with the earliest mentioned date in the 1520's in Mexico at Veracruz. It was introduced right about the same time by the Portuguese and their African slaves in the colony of Brazil. Looking at the history of the staple in the New World, one can assume that it arrived on the island right about the same century when the Spanish controlled the island. No matter the origin story of the staple, today it has a variety of uses in the Jamaican kitchen. For breakfast, much like our Chinese ancestors it is cooked into a porridge, the only difference being that the Jamaican version is sweetened and spiced. For lunch and dinner rice is steamed and eaten with any protein source, most notably chicken, pork, fish and other meats which are prepared in several ways. Jamaicans additionally on occasions add Red Kidney or Gungo peas, seasonings such as scallion, thyme and garlic to the rice, cooking it down with coconut milk.

Saltfish



Yet another important import to the island, saltfish refers to salted codfish initially introduced to the island during the 17th century. This salted commodity was used to feed the throngs of hungry, overworked, underfed slaves who laboured on sugarcane plantations. Overtime it became an important source of protein for Jamaicans who utilise it many dishes after some of the salt has been removed via boiling or soaking for several hours. Saltfish, is often flaked and added to dishes such as Ackee and Saltfish, Callaloo and Saltfish, Saltfish and Baked Beans. It can also be an alternative for meats in stews with many Jamaicans including it in Gungo Peas Stew.

Scotch Bonnet Pepper



The exact origin of the Scotch Bonnet Pepper is not known, but historians however have traced its roots to various varieties of habanero pepper, which it is closely related to in Central and South America. Named so due to its visual resemblance to a Scotsman's bonnet, this pepper comes in varying hues of the rainbow with the most common colours being red, green, yellow and purple. Like the popular Jamaican saying goes, “Wi likkle but wi tallawah”, this little Jamaican nugget nicknamed ‘The King of Caribbean heat’ packs a mighty punch being up to 140 times spicier than the jalapeno with a heat rating of 100,000– 350,000 units on the Scoville scale. The Scotch Bonnet pepper and all other seasonings, herbs and spices are often chopped, minced or blended together and utilised in the seasoning and preparation of rice, meat, fish and chicken dishes.

Sorrell



Synonymous with Christmas in Jamaica, sorrel like many popular plants grown in Jamaica has West African origins. Scientifically called *Hibiscus Sabdariffa*, the sorrel plant is a species of the hibiscus family. First introduced to the island in the 17th century by the British the deep red fruit of the sorrel plant popularly

called Roselle either fresh or dried is boiled or steeped in hot water along with ginger and allspice and then sweetened with sugar and served chilled. The traditional version of Jamaican sorrel adds copious amounts of J. Wray and Nephew White Overproof Rum and Red Label Wine. The drink however can be made virgin without the addition of these. The sorrel plant is used not only in this way but is useful in the preparation of jellies and chutney and sauces for desserts and meats. It is possible too for the flower of the plant to be eaten fresh in salads.

Soursop



The soursop, botanically called *Annona Muricata*, is a tropical fruit originating in northern South America. The fruit supposedly was named soursop because of its slightly acidic taste. Covered in thick, leathery green skin with pliable spines protruding all over the white fleshy pulp found within is eaten as is or is used to make a juice that is often either sweetened with sweetened condensed milk or lime and sugar. The leaves of the soursop plant too are utilised by Jamaicans as a 'bush tea' which is said to alleviate stomach ailments and fever.

Sugarcane



Originating in new Guinea, the sugarcane was brought to Jamaica by Columbus in the year 1509 as an alternative crop to be grown instead of the Jamaican tobacco, that lost its popularity on the European market due to a North American strain of the crop. The sugarcane represents a bitter sweet story for the island with its widescale cultivation and production being the cataclysmic catalyst for which the institution of enslaved labour commenced not only in Jamaica but the region as a whole. It is due to this crop that Jamaica owes its legacy as being a melting pot of culture and ethnicities which has contributed to diversity in so many facets of life on the island. Here, when ripened the sugarcane is harvested, peeled with a knife or one's teeth; (the latter requiring exceptional skills, strong teeth and determination) and then eaten. It is not uncommon to see the peeled sugarcane cut into 'joints', conveniently placed in clear plastic bags, bundled and sold by street vendors to cane lovers all across the island. The sugarcane also can be processed into a naturally sweet Sugarcane Juice which is a favourite for many Jamaicans, sugar crystals, rum, molasses and ethanol.

Sweet Potato



From the Morning Glory Convolvulaceae family, the sweet potato originating in South America, was brought to Jamaica by the Taino people who cultivated on their farm plots along with cassava and tobacco. It was then one of the principle staples for the enslaved Africans who much like the Tainos cultivated it on the marginal garden plots granted to them by the plantation owners. Today the sweet potato is eaten when boiled or roasted along with other starchy tubers and vegetables as accompaniment to fish, meat, chicken and pork dishes. It is also used in soups or stews to add body.

Tamarind



The fruit is said to have come to Jamaica in the 19th century arriving with Indian indentured labourers who were hired to work on sugarcane plantation following Emancipation. A brown pod when matured with acidulous pulp, tamarind is most popularly used in juices, sauces and as a sweet treat when boiled and rolled in sugar.

Thyme



Native to South Asia and the Mediterranean, thyme now grows luxuriantly in many of Jamaica's parishes the most notable being St. Elizabeth. The herb is used when fresh or dried often being used in conjunction with other seasonings such as garlic, escallion, and Scotch Bonnet pepper to season soups, stews, steamed vegetables, rice and meat dishes.

Yam



The common name for a tuber from the plant genus *Dioscorea*, yams are of West African. With the name yam originating from the African word 'nyami' meaning to eat, it is therefore clear as to why this root is one of the most popular starches on the island. Brought to Jamaica onboard slave ships, yam is one of many perennial herbaceous vines cultivated on the island with up to eighteen varieties all with differing textures, taste and flavour. The most popular of them being the white and yellow yam. Yam, on the island, when mature is either boiled, roasted or made into a creamy punch.



APPETIZERS



Finger lickin' good"



Although appetizers on a whole are not typically Jamaican, no cookbook worth its salt is complete without adding a few delicately chosen noshes. The term appetizer, synonymous for the French hors d'oeuvre, it was first used in the United States and England simultaneously in 1860 simply to provide an Anglophone equivalent for this dish most often taken before the main meal. We can perhaps view the addition of appetizers in this book as a homage to our British ancestors,

Usually reserved for formal occasions, appetizers set the tone for an elegant evening where your guests are served with miniature teasers of the forthcoming meal that not only pique their appetites and moderate their hunger but also adds a refined ambience to the evening environment. As is per custom, you may serve a wide variety of foods to allow you guests to taste, graze and sample many different flavours— which may not be innately Jamaican but are inspired by the island's unique culinary palate. In this chapter of the book you can expect appetizers that fuse regional and international recipes with authentic local flavours ranging from Jamaican jerk all the way to the wide array of home-grown fruits and veggies, prepared in a way that would make our ancestors proud. The trick to a successful dinner where these appetizers are served is to serve them with style and pizzazz. Small serving trays mounded with a single type of appetizers and garnished lavishly with herbs make for a dramatic presentation.

"The greatest dishes are very simple dishes."

Auguste Escoffier

ACKEE AND SALTFISH PIZZA



This recipe is perfect for those adventurous souls who find delight in marrying the old with the new. It is a tasty choice for those who want to add an Italian 'flair' to traditional Jamaican cooking. This recipe can be made vegan with the removal or substitution of the saltfish.

Recipe



Time: 23 minutes

Prep: 5 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Large Non-Stick Cookie Tray/ Pizza Pan
- Spatula
- Pastry Brush
- Pizza cutter

Difficulty:



Overall Rating:



Ingredients



- 1 (12 inch) pre-baked pizza crust
- 1 cup seasoned tomato sauce
- ½ cup sliced purple onion
- 1 cup shredded mozzarella cheese
- 1 cup of shredded cheddar cheese
- 1 ½ cups cooked ackee & saltfish
- olive oil

Directions



- 1) Preheat the oven to 350°F (180°C).
- 2) Place the pizza crust on a large non-stick cookie tray or pizza pan.
- 3) Using a pastry brush, brush the pizza crust evenly with olive oil.
- 4) Spread tomato sauce over it with a spatula.
- 5) Sprinkle the cheese and onions evenly over the sauce.
- 6) Insert the seasoned pizza crust into the oven.
- 7) Bake for 8 minutes. Ensure that the cheese on top of the pizza does not melt.
- 8) Remove the pizza crust from the oven and add the ackee and saltfish onto the cheese.
- 9) Insert pizza into the oven and bake for an additional 5 minutes until the cheese has fully melted and the ackee and saltfish topping has settled comfortably unto the molten cheese. Remove from the oven and place on a rack. Let the pizza cool for 2 to 3 minutes before cutting it into slices.

ACKEE DIP



As far as appetizers go, this is an interesting way in which, Jamaica's national fruit can be served. This recipe is guaranteed to turn heads at the dinner table or at social gatherings. It is extremely easy to prepare with the only downside being the agonizing wait one has to endure before the dish can be savoured.

Recipe



Time:

3 hours 37 minutes

Prep: 2minutes

Cooking:

3 hours 35 minutes

Utensils



- Measuring Cups
- Measuring spoons
- Saucepan
- Colander
- Metal Spoon
- Glass Pyrex Dish
- Cling wrap

Difficulty:



Overall Rating:



Ingredients



- 2 cups of ackee
- 1 ¼ tablespoon grated cheddar cheese
- 1¼ tablespoon of mozzarella cheese
- 2 table spoons chopped onion
- ½ tsp lemon juice
- Salt
- Black Pepper
- Hot pepper sauce to taste
- ¼ Chopped Cilantro

Directions



- 1) Boil the ackee in a saucepan for about 25 to 30 minutes or until they are tender.
- 2) Drain the water from the boiled ackee using a colander.
- 3) While the ackee is still hot, mash the ackee with a spoon until it achieves a smooth consistency.
- 4) Mix the other ingredients into the mashed ackee until evenly combined. The heat from the ackee should be enough for the cheeses to melt.
- 5) Place the mixture in a glass container, wrapping the top tightly with cling wrap.
- 6) Chill in the refrigerator for 2–3 hours before serving.
- 7) Once you are ready to serve the dip, remove it from the refrigerator, give it a stir to reincorporate the ingredients.
- 8) Garnish the dip with chopped cilantro.
- 9) Spoon onto Jamaican Tough Water crackers or unto crumpets. Serve immediately.

BANANA FRITTERS



This is a perfect introductory recipe for cooks beginning their culinary journey due to the simplicity of the steps. Mastering this recipe is as simple as mashing the bananas, mixing in the spices and then frying them. These showstoppers not only serve as a delicious appetizer but are often eaten on the island for breakfast. This recipe is as traditional as they come. Feeling fancy? Serve them with a dollop of whipped cream.



Recipe

Time: 20 minutes

Prep: 3 minutes

Cooking: 17 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large Mixing Bowl
- Non Stick Frying Pan
- Metal spoon
- Metal fork, Spatula
- Napkins/Paper towel

Difficulty:



Overall Rating:



Ingredients



- 1 $\frac{2}{3}$ cup Bananas, preferably over-ripe
- 3 tablespoons Brown Sugar
- $\frac{1}{4}$ teaspoon Cinnamon
- $\frac{1}{4}$ teaspoon Nutmeg
- Pinch of Salt
- 1 cup all-purpose Flour
- $\frac{1}{2}$ teaspoon Vanilla extract
- 1–2 Tablespoon Cooking Oil
- 1 Tablespoon granulated Sugar

Directions



- 1) Mash the bananas in a large mixing bowl. Add the brown sugar, cinnamon, salt and nutmeg powder; mixing the ingredients until they are well combined.
- 2) Next, add to the mixture the flour and the vanilla extract. If the mixture is too thick you may add some water to it until it reaches the desired consistency.
- 3) Place a non-stick pan over medium heat. Pour the oil into the frying pan and allow it to be sufficiently heated. Once the oil is sufficiently hot, scoop spoonful of the batter into the pan.
- 4) Before the fritter forms spread the batter into the desired width you want your fritters to be.
- 5) Once one side of the fritter is sufficiently fried, flip it onto the other side using a fork or spatula. The fritter is finished when both sides are adequately fried and they have a nice golden colour.
- 6) Once done, take the fritter from the pan and drain the excess oil by placing them on a paper towel.
- 7) Garnish the fritters with a sprinkling of granulated sugar. Serve hot.

CALLALGO AND SALTFISH FISH PIZZA



The only word that fits the description of this recipe is: Showstopper. Not only is this pizza healthy but it can also be a delicious vegan delicacy when the saltfish is removed or substituted. Made for the daring and bold, this pizza is guaranteed to be your new guilty pleasure for Friday night in with your bae or an exotic masterpiece at dinner parties that serves as a tasty prelude for the courses to be served. Either way, Bon Appetite!

Recipe



Time: 23 minutes

Prep: 5 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Large Non-Stick Cookie Tray/ Pizza Pan
- Pastry Brush
- Spatula
- Pizza Cutter

Difficulty:



Overall Rating:



Ingredients



- 1 (12 inch) pre-baked pizza crust
- 1 cup seasoned tomato sauce
- ½ cup diced purple onion
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1 ½ cups of cooked callaloo & saltfish
- olive oil

Directions



- 1) Preheat the oven to 350°F (180°C).
- 2) Place the pizza crust on a large non-stick cookie tray or pizza pan.
- 3) Using a pastry brush, brush the crust evenly with olive oil.
- 4) Spread the tomato sauce over the oiled crust with a spatula.
- 5) Sprinkle the shredded cheese and onions evenly over the sauce.
- 6) Insert the seasoned pizza crust into the preheated oven. Bake for 8 minutes. Ensure that the cheese on top of the pizza does not melt.
- 7) Remove the pizza from the oven and add the callaloo and saltfish onto the cheese.
- 8) Pop the pizza back into the oven and bake for another 5 minutes until the cheese has fully melted and the callaloo and saltfish has settled comfortably onto the molten cheese.
- 9) Remove the pizza from the oven and place it on a rack to cool for 2–3 minutes before cutting it into slices using the pizza cutter.

CONCH FRITTERS



When it comes to fritters, the Jamaican culinary profile has no bound. These are the perfect prelude to any sophisticated dinner party or social gathering. The impeccable taste of the fritter itself is enough to satisfy palates of even the pickiest of eaters. However, to leave a lasting impression on the person that is to be served these fritters, serve them with some tartar sauce or hot pepper sauce as an accompaniment.

Recipe



Time: 25–27 minutes

Prep: 5–7 minutes

Cooking: 20 minutes

Utensils



- Measuring Cups
- Measuring spoons
- Mixing bowl
- Skillet/Frying Pan
- Large mixing spoon
- Metal tablespoon spoon
- Paper towels/ Napkin

Difficulty:



Overall Rating:



Ingredients



- 2 Cups finely chopped conch meat
- 1 tablespoon of Jamaican Pickapeppa Sauce
- 1 small scotch bonnet pepper finely chopped (optional)
- 2 medium sized onions, chopped
- 2 stalks celery, finely chopped
- 2 tablespoons tomato paste
- 2 tablespoons thyme
- 2 tablespoons dry jerk seasoning
- 3 ½ cups flour
- ½ cup cornmeal
- 4 tablespoons baking powder
- 3 Eggs, beaten
- 2 Cups Milk
- Oil for deep frying

Directions



- 1) Combine all the ingredients in a mixing bowl.
- 2) Using a large spoon, mix all the ingredients together until you achieve a smooth, consistent fritter batter.
- 3) Cover the batter with cling wrap and place it inside the refrigerator for 15–20 minutes.
- 4) Heat skillet/frying pan and add enough oil to deep-fry the fritters. The depth of the oil should be about ½ inch.
- 5) Dip a tablespoon into the heated oil. Use this spoon to scoop up the batter. (This will allow the batter to slide off easily).
- 6) Place bite sized spoonfuls of the batter into the hot oil and fry.
- 7) Deep fry the fritters in the skillet/frying pan until they achieve a golden brown colour and are crisp on all sides.
- 8) Once the fritters are sufficiently fried, remove them from the hot oil and place them on paper towels or napkins to drain.
- 9) Serve immediately.

JERK AVOCADO DIP



One all-encompassing word that can be used to describe Jamaicans is inventive. This recipe is a classic example of this and how delicious food transcends regional and international borders. The avocado dip provides a taste of the traditional Mexican guacamole with a Jamaican twist by incorporating one of Jamaica's most famous seasoning. This recipe is simplicity at its finest.

Recipe

Time: 4 minutes

Prep: 1 minute

Cooking: 3 minutes

Utensils



- Knife
- Metal spoon
- Food processor
- Serving dish

Difficulty:



Overall Rating:



Ingredients



- 2 ripe avocados
- 1 tablespoon vinegar or lime juice
- 1 tablespoon jerk seasoning
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions



- 1) Halve the avocados, removing the seed from the halved slice.
- 2) Using a spoon scoop out all the flesh of the avocados into a food processor.
- 3) At medium speed, process the avocado until it becomes smooth.
- 4) Stop the machine and place the other ingredients into the avocados.
- 5) Blend the avocado and the ingredients that were previously added until smooth.
- 6) Remove the avocado paste from the food processor placing it into a dish.
- 7) Serve the avocado dip immediately with Excelsior Genuine Jamaican Tough Water Crackers, tortilla chips or julienned vegetable strips.

PIGS IN A BLANKET



This is a relatively simple recipe, with the most difficult parts being cutting the plantain slices into the appropriate size and thickness and rolling the rolls. With this recipe Jamaicans once again prove that adding a little bit of island flavour to international and regional cuisine results in superb food of culinary dreams.

Recipe

Time: 20 minutes

Prep: 3 minutes

Cooking: 17 minutes

Utensils

- Measuring spoon
- Knife
- Deep Non-Stick Skillet/ sauce pan
- Paper towel/ napkins

Difficulty:



Overall Rating:



Ingredients

- 2 ripe plantains
- 1 tsp of kosher salt
- Enough olive oil, vegetable oil or coconut oil to deep-fry rolls
- 1 package of your preferred compatible sausages or hot dogs (12 ounces)

Directions

- 1) Remove the plantains from their skins and cut them lengthwise, thinly, with each slice being long enough to cover the sausages adequately when they will be rolled. Set aside.
- 2) Take the sausages from its container and cut them into thirds. If you have purchased smokies or mini sausages, you may go ahead with them.
- 3) Take the sausage third and place them at one end of the plantain slice. Wrap the sausage until the entire plantain slice is snugly rolled around it.
- 4) Heat a Deep Non-Stick skillet or sauce pan with enough oil to deep-fry the rolls. Sprinkle the salt into the hot oil.
- 5) After the pot has been sufficiently heated, place the rolls within the oil. Fry the roll until golden. Keep a close eye on the rolls during frying to prevent them from burning.
- 6) Remove rolls from pot and place on a paper towel or napkin to eliminate excess oil.
- 7) Serve rolls immediately with your favourite sauce or dip.

SPICY JAMAICAN SALSA



Pairs well with white fish, tortilla chips grab your sandals and your bathing suits because this dish is bursting with island flavours. This recipe makes use of yet another classic Mexican dish that has been customized to suit the Jamaican palate using a variety of fruits and vegetables grown locally on the island and ripened under the Caribbean Sea. Most people often make their salsa with jalapeno peppers, I however issue a challenge to you to try this Spicy Jamaican Scotch Bonnet Pepper Salsa. You'll create light, attractive traditional style salsa with a Jamaican 'bang;' courtesy of the Scotch Bonnet Pepper. Have it as a snack at a causal hang with friends or an enticing appetizer for dinners and luncheons. Whatever the occasion, indulge.

Recipe



Time: 7 minutes

Prep: 6 minutes

Cooking: 1 minute

Utensils



- Knife
- Cutting board
- Measuring spoons
- Medium bowl
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 1 medium ripe papaya, cut into 1/2-inch pieces
- 1 medium ripe mango, cut into 1/2-inch pieces
- 1/2 pineapple, cut into 1/2-inch pieces
- 2 medium Scotch Bonnet pepper (one green and one red), seeded and minced
- 1 small purple onion, cut into 1/4-inch pieces
- 1 small red Bell Pepper cut into 1/4-inch pieces
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon grated lime zest
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh orange juice with orange pulp
- Coarse salt
- Chopped green onions for garnish

Directions



- 1) Take a sharp knife and cut all the fruits and vegetables into their appropriate size.
- 2) Gather all ingredients and combine in a medium bowl thoroughly with a wooden spoon. Garnish with chopped green onions. Refrigerate and serve immediately.

SPICY ACKEE AND SALTFISH PINWHEELS



This is a quick and easy way to brighten up your menu. Although the recipe uses canned ackee, this recipe is still guaranteed to turn heads at your table. Let's just call it a lazy girl hack for ackee and saltfish. It is child approved and will be loved by the kids at the table who after tasting these ackee and saltfish pinwheels will worship at the altar of your culinary magnificence. With spoonful's of savoury spicy ackee and saltfish wrapped in flaky dough crusts, the recipe is a good choice for introducing hesitant individuals to traditional Jamaican cuisine.

Recipe



Time:

1 hour 31 minutes

Prep:

1 hour 10 minutes

Cooking: 21 minutes

Utensils



- Measuring spoon
- Large bowl
- Large Sauce pan
- Non-Stick Skillet
- Baking Tray
- Parchment Paper

Difficulty:



Overall Rating:



Ingredients



- 1 teaspoon black pepper
- 1 small Green Sweet pepper, julienned
- 1 can of ackee in brine, drained
- 1 medium scotch bonnet pepper, chopped
- ½ of a small jalapeno pepper, minced
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 tablespoon vegetable oil
- 2 stalks escallion, chopped
- 1/2 pound saltfish
- 2 cloves garlic, chopped
- 1 can of Crescent dough

Directions



- 1) Put saltfish to soak in cold water for about 1 hour. Pour off water; add fresh water and cook until tender.
- 2) De-bone and flake saltfish.
- 3) Heat Vegetable Oil and sauté onion; garlic; escallion; tomato; scotch bonnet pepper, jalapeno pepper and sweet pepper. Add flaked saltfish; Ackee and Black Pepper.
- 4) Toss lightly; cover and allow to stand over low heat for about 2 minutes.
- 5) Remove the dough from the cylinder and unroll onto a lightly floured surface. Press the cut pieces together to join into one full sheet
- 6) Place the ackee and saltfish on top of the dough, spreading it evenly. Be very careful not to squash the ackee. Roll the dough up along the short side Complete the roll then score 24 pieces. Chill till firm then slice into pinwheels. Place the pinwheels on an ungreased tray or one lined with parchment.
- 7) Bake for 12 to 15 minutes at 350F.
- 8) Cool and serve with a dipping sauce if desired.

SOLOMON- A- GUNDY



If you are interested in traditional Jamaican appetizers, uniquely Jamaican then look no further. This Solomon A Gundy recipe has been passed down from generations. Made from smoked red herring, onions, peppers and spices this pickled fish pate is usually served with Jamaican Tough Water Crackers. The name Solomon— Ah— Gundy is of British origins, where the British word ‘salmangundi’ is used to refer to a salad of many different ingredients. There is also a popular Jamaican poem named “Solomon A Gundy which is tuned to the European nursesey rhyme “Solomon Grundy’. The poem is as follows:

Solomon—a—Gundy, born on a Monday,
christened on a Tuesday,
married on a Wednesday,
took ill on a Thursday,
worse on a Friday,
died on a Saturday,
buried on a Sunday,
that is the end of Solomon—A—Grundy

Paying tributes to our British ancestors, the pate is recommended to be served alongside a slice of avocado and with a spot of tea.

Recipe



Time: 32 minutes

Prep: 12 minutes

Cooking: 20 minutes

Ingredients



- 1 ½ lb. smoked herring
- 9 dried pimento berries
- ¾ cup of vinegar
- 2 small onions, chopped
- 2 Scotch Bonnet peppers
- 2 stalks of escallion
- 1 teaspoon of thyme
- 4 tablespoons of oil
- 2 teaspoons of sugar

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Sauce pot
- Mixing bowl
- Knife
- Food processor

Directions



- 1) Debone and soak smoked the red herring in water to remove some of the salt. An alternate method would be to boil the herring in water for 10 minutes
- 2) Using your hands, shred (flake) the smoked red herring finely and set aside in a mixing bowl.
- 3) Chop the onions, and place them, the escallion and thyme into the food processor. Process for 2 minutes.
- 4) Pour the vinegar, pimento and sugar into a saucepan. Heat the ingredients on a low fire. Do not boil. Occasionally, stir the ingredients together to help the sugar to dissolve.
- 5) Add the smoked red herring to the pot. Keep the fire on low. Let the ingredients cook for 10 minutes or until the sugar has completely dissolved.
- 6) Remove the pimento seeds from the pot and discard.
- 7) Add the ingredients from the pot to the food processor. Puree for 1 minute.
- 8) Remove the paste from the food processor and place in serving bowls.

Difficulty:



Overall Rating:



STAMP AND GO



Yet another standard Jamaican favourite that makes up the fritter profile for Jamaican cuisine. These fritters will be a clear favourite at your dinner party due to their rich taste and bold, bursting Jamaican flavours. The addition of the Scotch Bonnet Pepper will please those who enjoy their food on the spicy side. The appeal here with these Saltfish Fritters is the complementary flavours of salted seafood and savoury herbs all wrapped in a fritter batter, that when fried to golden brown perfection is the ideal manifestation of traditional Jamaican culinary fare.

Recipe

Time: 40 minutes

Prep: 25 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Measuring spoons
- Mixing bowl
- Sieve
- Deep pan
- Paper towels/
napkins

Difficulty:



Overall Rating:



Ingredients



- ½ lb of Saltfish
- 3 cups of flour
- 4 teaspoons ground black pepper
- 3 teaspoon baking powder
- 1 onion, chopped
- 1 garlic clove, peeled and chopped
- 1 scotch bonnet pepper, finely chopped
- Salt to taste (optional)
- 2 cups of water
- Oil for frying

Directions



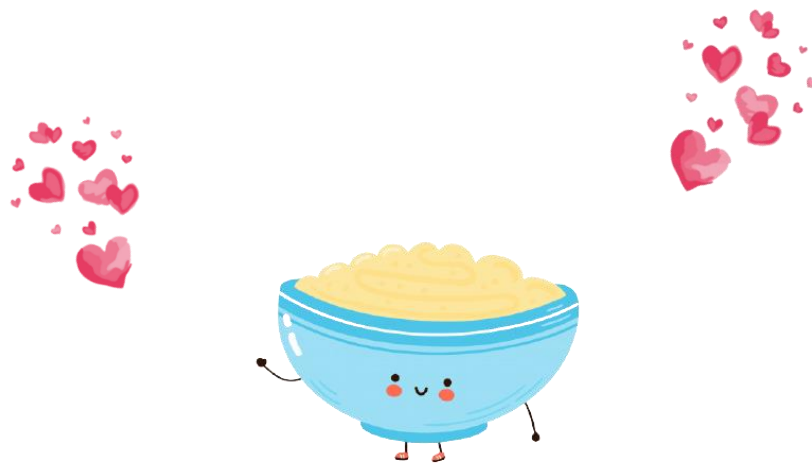
- 1) Place the saltfish in water to soak for 25–30 minutes. Once the fish is well-soaked, shred it into flakes.
- 2) Take a large mixing bowl and sift the flour, black pepper and baking powder in it.
- 3) Add the Saltfish along with onions, garlic and bonnet peppers.
- 4) Pour in the water while stirring it so the fritter batter achieves a uniformed consistency.
- 5) Heat the oil in a deep pan over medium heat.
- 6) Take a large tablespoon and scoop out spoonful of the batter in the hot oil.
- 7) Let the fritters fry for around 8–10 minutes until they turn golden brown on both sides.
- 8) Once done, remove them from the oil and place over paper towels to drain. Serve immediately.



PORRIDGES AND SOUPS



Un-bowl-leaveable comfort



To many Jamaicans there is no better way to kick-start the day than with a warm, hearty breakfast of porridge. Porridges serve not only as a sweet, comforting way to combat early morning pangs of hunger or early morning cravings for something sweet; but, are also delicious and extremely energizing. It is widely believed in Jamaica that porridges, due to their depth, texture and nutritive components are ideal for the physical and physiological growth of babies and young children. They additionally serve as an affordable and incredibly filling for adults who it invigours and sustains throughout many hours of the day.

Historically, porridges are a shared culinary inheritance from our African and Scottish ancestors. Traditionally, African meals typically include a form of savoury “pap” (bland soft or semi-liquid food such as that suitable for babies or invalids) made from prevalent local and regional starches such as cassava and green plantains. These were acquired and pounded to a fine powder using a mortar and pestle and then cooked in liquid to form a paste similar to the “grits”. This tradition survived the tumultuous journey of Trans-Atlantic Slave Trade and was brought to Jamaica with the introduction of African slave labour on sugar plantations. Upon their arrival in Jamaica, the African version of porridge was later hybridized through the combination of African and Scottish principles, in which this ‘paste’ is sweetened, spiced and consumed for breakfast.

Porridges like the other standard fare consumed by Jamaicans are the culinary embodiment of our peoples’ resilience, inventiveness, self-preservation, creativity and ingenuity. In true Jamaican style the original recipe for porridges have been tweaked to include other starchy vegetables. Locally favoured porridges include those made from the: arrowroot, green bananas, green plantains, cornmeal, bulgur, rice, peanut and hominy corn. These are prepared in the traditional way where the starchy vegetables after being pre-prepared in their preferred form are cooked in coconut milk, squeezed from the grated pulp of the ripened coconut making them incredibly creamy. They are then spiced with nutmeg, vanilla and cinnamon and sugared with Sweetened Condensed Milk; which was first introduced during the World Wars.

So, whip up a pot of any Jamaican classic porridge and see why they are described by Jamaicans as the quintessential breakfast food.

“I live a healthy lifestyle and I crave healthy food. I love porridge – I have bizarre cravings for it. I love it with brown sugar and bananas, and I’m a huge fan of cinnamon – I put cinnamon on everything. I also have a sweet tooth and I don’t like to deprive myself. I think everything in moderation is the key.”

– Jessica Lowndes

ARROWROOT PORRIDGE



Apart from fritters, the Jamaican culinary profile is heavily impregnated by an abundance of porridges that are made from almost any root vegetable. This Arrowroot Porridge is rich, creamy and oh so decadent. Uniquely Jamaican, this porridge is a perfect choice for a healthy and filling breakfast. If you don't have cinnamon leaves on hand, you can substitute cinnamon powder. To make the recipe vegan friendly substitute the milk for one of the nut variety. This is sure to give it an extra kick. Not only is this consummate Jamaican porridge nutritiously good, it also; by the folklore obtained from the mouths of elderly Jamaican grandmamas is excellent in alleviating stomach pains and diarrhoea.

Recipe

Time: 22 minutes

Prep: 2 minutes

Cooking: 20 minutes

Ingredients



- 2 teaspoons of arrowroot powder
- 2 cups milk
- 2 cups boiling water in a pot
- 2 teaspoons granulated sugar
- ¼ teaspoon salt (can be adjusted according to your preferences)
- ½ teaspoon vanilla
- A dash of grated nutmeg
- 4 cinnamon leaves

Utensils



- Measuring spoons
- Measuring cups
- Small mixing bowls
- Sauce pot
- Wooden spoon

Directions



- 1) Place the water and cinnamon leaves in a pot. Bring to a boil.
- 2) Mix the arrowroot powder with a little cold water into a smooth paste. Set aside.
- 3) Combine the sugar and milk and set aside.
- 4) Add the salt to the pot of boiling water. Reduce to a low heat.
- 5) Add the arrowroot paste to the pot of boiling water. Stir with a wooden spoon until well combined.
- 6) Add the sugar and milk to the pot. Stir until well incorporated.
- 7) Allow the porridge to simmer for 10 minutes while stirring constantly. Add the vanilla to the porridge.
- 8) Turn off the heat and sprinkle the grated nutmeg.
- 9) Place porridge into serving pots and serve while hot.

Difficulty:



Overall Rating:



BANANA PORRIDGE



In Jamaica the banana is a versatile fruit. Some like it cooked when green and eaten with meat and vegetables, others eat it when it ripens. Intellectuals however have found a different way for us to have our cake and eat it too, this porridge is excellent for that purpose. It is relatively easy and simple to make and is packed with not only essential vitamins and minerals but it also satisfies your sweet tooth. The smooth, creaminess of the porridge and the light crunch of grated bananas blend seamlessly to create a harmonious and balanced delicacy.

Recipe



Time: 35 minutes

Prep: 3 minutes

Cooking: 32 minutes

Utensils



- Knife
- Measuring cups
- Measuring spoons
- Blender
- Large pot
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 3 fingers of green bananas
- 1 ½ cup coconut milk
- 4 cups water
- ½ cup flour (optional – used to thicken the porridge)
- ½ tsp. salt
- 4 tablespoons sugar or ¼ condensed milk
- ½ nutmeg to taste
- 1 tsp vanilla

Directions



- 1) Wash, peel and slice bananas
- 2) Place the bananas in blender with 1 cup water and puree.
- 3) Add the flour and salt. Mix well until smooth.
- 4) Set 3 cups of water to boil. Pour the pureed banana and flour mixture into the boiling water. Stir continuously with a large wooden spoon to prevent lumping until mixture thickens.
- 5) Continue cooking for 10 minutes. Add the coconut milk.
- 6) Sweeten the porridge with either the sugar or the condensed milk. If you have a sweet tooth you can use both. Just make sure it isn't overly sweet. Add the nutmeg and vanilla.
- 7) Let the porridge simmer over low heat for about 5 minutes.
- 8) Serve hot

BULGUR PORRIDGE



This porridge is a great choice for those who want a little fibre in their diet. It will be particularly loved by children due to its velvety, smooth consistency. The bulgur in this porridge, courtesy of its cooking in spices and sweeteners is delicate yet exploding with flavour. You can enjoy this porridge in two stages, first, when the sweet–savoury bulgur is taken into your mouth with a satisfying crunch like soft, flaky pastry and second when the perfect tenderness of the inside of the cooked bulgur hits you imparting delectable hearty flavours.

Recipe



Time: 31 minutes

Prep: 10 minutes

Cooking: 21 minutes

Utensils



- Measuring Cups
- Measuring spoons
- Mixing bowl
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 4 cups water
- 1/2 teaspoon salt
- 1 cup bulgur
- 1 tablespoon flour
- 1 cup coconut milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 tsp nutmeg
- 2 tablespoons condensed milk

Directions



- 1) Bring water to a boil. Season with salt.
- 2) Stir in bulgur with a wooden spoon.
- 3) Cover and cook on low heat for 15 minutes.
- 4) Combine flour, coconut milk, cinnamon, nutmeg and vanilla together in a bowl.
- 5) Pour mixture into the bulgur. Simmer until thickened. Add a little water if it becomes too thick.
- 6) Sweeten with condensed milk and or sugar.
- 7) Serve hot.

CORNMEAL PORRIDGE



No Jamaican can say that as a child they didn't grow up drinking cornmeal porridge. Because of this there are several ways in which the dish can be prepared. Separate methods that would be equally effective would be to boil the cornmeal with just water; do a mixture of coconut milk/evaporated milk with water; or just fresh coconut milk. If the entire can of sweetened condensed milk was not enough to adequately sweeten the porridge you may add 1 to 2 tablespoons of sugar. If the porridge is too thick add 1/2 cup of water or evaporated milk. Enjoy!

Recipe



Time: 35 minutes

Prep: 5 minutes

Cooking: 30 minutes

Utensils



- Measuring cups
- Measuring spoon
- Small mixing bowl
- Whisk
- Medium pot
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 4 cup water for mixing the cornmeal
- 2 cups yellow cornmeal
- 3 cups water for boiling
- 1 can (13.5 oz) coconut milk
- 1/2 teaspoon nutmeg
- 1 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon or 1 cinnamon stick
- 2 teaspoon vanilla extract
- 1/4 teaspoon almond extract (optional)
- 1 can sweetened condensed milk

Directions



- 1) In a small bowl, add the yellow cornmeal and water. Mix together with a whisk. Set aside.
- 2) Pour the 3 cups of water and can of coconut milk into a medium pot with the salt and allow to boil up. If you are using cinnamon stick, add it to the liquid mixture to boil also.
- 3) Slowly pour the yellow cornmeal mixture to the boiling liquid and continue to stir vigorously with a whisk on medium low heat, to prevent lumps. Cover and allow to cook for the next 30 minutes on low heat. Be sure to stir every 5 to 7 minutes or so.
- 4) Add the ground cinnamon, nutmeg and vanilla extract, almond extract and stir. Open the can of sweetened condensed milk and sweeten the porridge to your taste.
- 5) Remove from the heat. Serve warm and enjoy.

HOMINY PORRIDGE



This porridge does an excellent job in satisfying the urge for desserts. It is a perfect mix of flavours and spices and is sure to be a favourite among your family members. Featuring small—tender, bite sized hominy corn spiced to perfection and hugged by thick, creamy milk, this porridge is a quintessential breakfast food for the islanders. Most upon tasting this delicately balanced, manifestation of the perfect porridge are unable to stop at just one serving. So, on that note, unfasten some buttons on your trousers, unbuckle your belt and dig in.

Recipe



Time: 28 minutes

Prep: 2 minutes

Cooking: 26 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Large pot
- Mixing bowl
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 1 cup Hominy Corn (soaked overnight in 6–8 cups water)
- 1 Cinnamon Stick
- A pinch of Salt
- 2 cups Coconut Milk
- 1/2 cup Corn Starch
- 1/2 teaspoon Nutmeg, grated
- 2 teaspoon Vanilla
- 1/2 cup Evaporated Milk
- 1/2 cup Sweetened Condensed Milk

Directions



- 1) Wash and rinse the hominy corn in running water. Fill a large bowl with 4–6 cups of water and soak the corn overnight in it.
- 2) Remove soaked hominy corn from the refrigerator. Add some cinnamon and sprinkle some salt in the same bowl.
- 3) Set a large pot on with water over low heat. Once the water has boiled add the corn in it. Cover and let boil.
- 4) While the corn is boiling, take another mixing bowl and combine a small quantity of coconut milk with some corn starch. Once they form a smooth batter, with no lumps, add the remaining amount of coconut milk to it and stir with a wooden spoon.
- 5) Immediately add this mixture to the pot containing the corn and raise the heat to medium–high.
- 6) Keep stirring continuously as the mixture thickens.
- 7) Grate the nutmeg and add it to this pot along with some evaporated milk and vanilla.
- 8) After a couple of minutes, add the condensed milk (or a sweetener of your choice) to further sweeten the porridge. Keep stirring it constantly for few minutes. Remove from the fire and serve hot.

PEANUT PORRIDGE



Peanut Porridge is one of the mightiest contenders as it relates to porridges on the island, being the second favourite of many Jamaicans, losing only to hominy porridge. Particularly beloved by throngs of male Jamaicans who affectionately nickname it 'strongback', this porridge is said to impart boundless energy, 'vigor' and stamina to whomever samples its. Quick, simple and straight forward, this Peanut Porridge is not only hearty and nutritious but also packs a mighty 'punch'. Pun intended.

Recipe



Time: 45 minutes

Prep: 10 minutes

Cooking: 35 minutes

Utensils



- Large pot
- Measuring cups
- Measuring spoons
- Blender
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 2 cups raw peanut
- 1 cup oatmeal
- 5 cups water + more if needed
- 3 teaspoon salt
- 2 teaspoon vanilla
- 1 teaspoon nutmeg
- 1 tablespoon vanilla
- 1/3 cup sugar
- 2 teaspoon cinnamon powder
- 1/4 cup condense milk or to taste

Directions



- 1) Put peanut to boil in 4 cups of water for 15 minutes, then allow to slightly cool. Pulse on high speed with water in a blender or food processor.
- 2) Transfer mixture to a medium pot.
- 3) Bring to boil over medium heat. Stirring occasionally.
- 4) In the same blender or food processor pulse oatmeal until it becomes powder.
- 5) Add to peanut mixture, stir well to combine.
- 6) Add more water if mixture gets too thick.
- 7) Add vanilla, nutmeg, cinnamon, sugar and salt. Stir well. Stir in condensed milk.
- 8) Remove from heat and serve immediately.

PLANTAIN PORRIDGE



Greet the morning with an authentic taste of Jamaica densely packed with a wide array of minerals, nutrients and vitamins hugged by aromatic spices, creamy silky coconut and evaporated milk sweetened with a drizzling of sweetened condensed milk. This porridge is relatively easy to make, very economical and is sure to be a showstopper when served for breakfast or brunch.

Recipe



Time: 40 minutes

Prep: 4 minutes

Cooking: 36 minutes

Utensils



- Measuring cups
- Measuring spoons
- Medium saucepan
- Blender
- Spatula
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 2 fingers green plantain
- 1/2 cup refined oats – optional
- 1 teaspoon of salt (or more to taste)
- 8 teaspoons skimmed milk powder or 1/2 cup evaporated milk
- 3 cinnamon leaves or 1 cinnamon stick
- 1/4 cup coconut milk
- sweetened condensed milk
- 1 teaspoon vanilla
- 3 cups water – this includes 1 cup to blend the green plantain
- 1/2 teaspoon. freshly grated nutmeg (spices like mixed spices, almond flavouring, rose water, or ground cinnamon may also be used)

Directions



- 1) Add 2 cups water to a medium saucepan. Boil over high heat for 2 minutes.
- 2) While water is boiling, peel the plantain fingers and cut each finger into small pieces.
- 3) Place cut plantain in a blender with 1 cup of water and blend until smooth
- 4) Pour the mixture into a bowl and smooth out any remaining lumps with a spatula
- 5) Pour smoothed mixture into saucepan, cover, and reduce heat to medium–high.
- 6) Cook until mixture begins to thicken, about 2 minutes. Lower heat if necessary. Cook for about 15 minutes, stirring every 5 minutes with a wooden spoon to prevent burning.
- 7) Add coconut milk and stir 10 more minutes.
- 8) On low heat, add skimmed milk and stir, then add salt and stir again.
- 9) Remove the Porridge from heat and serve hot.

RICE PORRIDGE



This recipe is just one of the many that have been adapted from international and regional cuisines that have been re—invented by Jamaican ingenuity. In other cultures, a porridge made from rice is often thinner and unsweetened whereas the Jamaican version is thick and sweetened. If you prefer your porridge to be thin you may add more water to the recipe. Not a fan of sticky rice? Washing the rice until its clear makes it less sticky during cooking.

Recipe

Time: 32 minutes

Prep: 5 minutes

Cooking: 27 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Large saucepan
- Wooden spoon
- Small bowl

Difficulty:



Overall Rating:



Ingredients



- 1 ½ cup rice
- 1 cup milk
- ½ cup sweetened condensed milk
- ½ teaspoon. ground nutmeg
- ¼ teaspoon ground cinnamon
- 5 cups water
- ½ cup flour
- ½ teaspoon. salt
- sugar to taste
- ¼ teaspoon. Vanilla

Directions



- 1) In a large bowl wash the rice until the water is clear.
- 2) Combine milk, rice, sugar, salt, and 4 cups of water in a large saucepan
- 3) Bring to a boil on high heat, reduce heat to medium and simmer for 12 minutes stirring occasionally with a wooden spoon, until rice is tender.
- 4) In a small bowl add 1 cup of water and the flour to make a paste. Mix it thoroughly until you achieve a paste of uniform consistency.
- 5) Add the paste to the saucepan and cook for 7 minutes stirring occasionally
- 6) Add the nutmeg, cinnamon, vanilla and sweetened condensed milk and cook for 3–2 minutes stirring occasionally.
- 7) Remove from fire and serve hot.

For a soup-er day



A drive around Jamaica will no doubt introduce you to hundreds of roadside food stalls loaded with small stands of large stock pots brimming with thick, savoury soups boiling profusely over open flames courtesy of coal pots or wooden fires. If you so happen to stop at one of these stalls go ahead and give any soup a try and marvel at these consummate Jamaican culinary fares.

Soups in Jamaica are traditionally reserved for Saturday evening dinners, but many establishments, small or large simmer pots upon pots of these hearty delicacies throughout the day. Full-bodied and flavourful, truly Jamaican soups are chok full of bold flavours courtesy of garlic, green onions, carrots, pumpkin, all spice, thyme and Scotch Bonnet pepper. These aromatics are often chopped, minced and crushed and then sautéed in butter or margarine to release pungent, sweet, sharp and spicy aromas that meld beautifully with the wide range of meats such as chicken, chicken feet, pigs tail, beef and seafood, mainly crayfish, shrimp and fish.

The richness and thickness of Jamaican soups is partly due to the addition of legumes such as the Red Peas and Gungo Peas and ground provisions such as potatoes, yam, green banana, coco, dasheen, breadfruit and cassava. These legumes and provisions are cooked with the soup and offer not only their nutritive benefits and crunch to the consumer but also lend themselves to acting as thickening agents giving the soup “body”. Additionally, many soups will contain “spinners” which are cylindrical flour dumplings, taking the soups to new heights and adding to its nature of being a one pot meal. In this way many Jamaican soups, draw inspiration from the Taino peoples who first inhabited the island of Jamaica who historically were known to favour one pot meals, the most preferred and famous one of them being the Pepperpot Soup. All the ingredients of any Jamaican soup, combine to create a signature blend of heat, meat and savoury sweet guaranteed to satisfy your hunger.

“It [soup] breathes reassurance, it offers consolation; after a weary day it promotes sociability...There is nothing like a bowl of hot soup, it’s wisp of aromatic steam teasing the nostrils into quivering anticipation.”

Louis P. DeGouy, Waldorf-Astoria chef), ‘The Soup Book’ (1949)

BEEF SOUP



A little festival in itself, this is hearty beef soup owes its high palatability to complementary earthy flavours of root starches and vegetables, fresh herbs harvested from the garden, with the dominant background notes of rich soup bones that impart deep, exquisite beef flavours. The appeal for this soup is particularly high on Saturdays when a hot, peppery soups are the standard fare for dinner to banish the cool nip that rides the coat tails of the Trade Winds that caress the island. The soup can be improved through the addition of more vegetables and food stuff; dumplings, cocoa, dasheen and potatoes are a popular addition. If you are unfamiliar with the term 'cho-cho' this is the fond Jamaican nickname for the chayote squash.

Recipe



Time: 45 minutes

Prep: 5 minutes

Cooking: 40 minutes

Ingredients



- 2 qt. water
- 1 lb. soup bones or stewing steak
- 1/2 lb. carrots, cubed
- 1/4 lb. turnips, cubed
- 1 lb. pumpkin, cubed
- 1/2 lb. cho cho, cut up
- 1 lb. yellow yam, cut up
- 1 sprig of thyme
- 2 stalks of escallion
- 1 tablespoon salt

Utensils



- Measuring cups
- Measuring spoons
- Pressure cooker
- Knife

Directions



- 1) Boil soup bones in 2 quarts. water for about 30 minutes in a pressure cooker.
- 2) Cube the vegetables, yam and cho cho and add with seasonings to soup.
- 3) Once it starts to boil, simmer uncovered until yam is cooked and soup is of a medium consistency.
- 4) Serve hot.

Difficulty



Overall Rating:



CHICKEN FOOT SOUP



A favourite for many Jamaicans— the soup with its deep chicken flavours and wide nutritional profile is very filling especially with the addition of ground provisions such as Cocos, and dasheens. This nutritious, easily prepared, economical soup is standard for many Jamaicans as a Saturday evening soup. Exploding with flavour, this Chicken Foot Soup is guaranteed to receive a hearty round of applause from anyone it is served to. Show your family you care with a bowl or two of this soup laden with vitamins, minerals, nutrients and grams upon grams of collagen courtesy of the appearance of chicken feet.

Recipe

Time: 48 minutes

Prep: 8 minutes

Cooking: 40 minutes

Utensils

- Knife
- Measuring cups
- Measuring spoons
- Large soup pot
- Large mixing bowl
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients

- ½ lb of Chicken Feet
- Half an onion
- 4 cloves of garlic,
- 1 sprig of thyme
- 1 Scotch Bonnet Pepper
- 3 Carrots
- 6 fingers of Okra
- 1 cup of Flour
- ½ a teaspoon of salt
- ½ a teaspoon of black pepper
- 1 litre of Chicken stock, or 1 litre of water mixed with 1 packet of Jamaican Cock Soup mix
- Irish potatoes, cubed
- Pumpkin, cubed
- Yam, cubed

Directions

- 1) Cut the nails from the chicken feet and chop them in two.
- 2) Chop the carrots, scallion, thyme and okra. Dice the onion and crush the garlic.
- 3) Soak the chicken feet in water for 5 minutes.
- 4) Set the stock to simmer with the crushed garlic for 5 minutes. Add the chicken feet and boil for an additional 10 minutes.
- 5) Mix the flour, salt and some water until it forms a dough. Divide the dough into small portions. Roll the small portions in your hands into cylindrical dumplings. Repeat until all the dough has been used.
- 6) Add the scallion, okra, thyme and carrots. Stir the mixture and let it bowl for 5 minutes. Add the yam, pumpkin and Irish potatoes. Cook for 10 minutes. Add the dumplings and cover the pot.
- 7) Stir in the scotch bonnet pepper, salt, black pepper and the packet of cock soup mix.
- 8) Cover pot and leave. Stir occasionally until all the chicken feet and vegetables are cooked.
- 9) Remove from the fire and serve immediately.

CONCH SOUP



You can almost smell the Caribbean in this filling, flavourful soup. A wonderful, harmonious marriage of the sea, the earth and spicy heat, this Conch soup is the ideal brunch dish for a warm, spring day sans the addition of yam and Irish potato. On such an occasion, Garlic Parmesan encrusted bread is almost obligatory to soak up the juices that remain after a significant portion of the soup has been gobbled down. The soup makes a modest meal in itself being colourful, wholesome with soft chewy yam and potatoes set against the backdrop of light, savoury, refreshing stock that eludes to the delightful taste of Jamaican conch.

Recipe



Time:

1 hour 30 minutes

Prep: 15 minutes

Cooking:

1 hour 15 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large soup pot

Difficulty:



Overall Rating:



Ingredients



- 3–4 cups cleaned, pounded, chopped fresh conch
- 1 onion chopped into small pieces 6 cloves of garlic
- 1 teaspoon finely chopped fresh ginger
- 3 springs of fresh thyme 1 whole scotch bonnet pepper, cut into quarters, not using the seeds depending on the heat, add what you need)
- 7–8 pimento
- 3 scallions, chopped fine salt black pepper
- ½ package of Grace soup mix, chicken, fish or vegetable or 3 tablespoons of powder soup broth
- 3 tablespoon tomato paste 3 cups chopped fresh pumpkin
- 1 large carrot sliced
- 2 cups of white yam, chopped or 2 cups Irish potato chopped
- 3 small – medium size tomatoes chopped

Directions



- 1) Put the conch, onion, garlic and ginger into a soup pot, along with about 5–6 cups of water.
- 2) Bring to a boil.
- 3) Add the tomato paste, pumpkin and pimento, bring to a boil then turn down to simmer for about 15 minutes.
- 4) Next add the soup mix, salt, pepper and vegetables, along with the scotch bonnet and thyme.
- 5) Add more water as needed. Bring to a boil and simmer for about 45 minutes.
- 6) Last add in the scallion and simmer for another 5 minutes.
- 7) Turn off and let sit for 15 minutes before serving.
- 8) Serve with fresh hard crust bread or festival.

CORN SOUP



Very rich and creamy, this Corn soup offers summer bliss with contrasting textures, aromas and flavours that although contradictory blend together surprisingly well to create a delicacy that is both harmonious and balanced. This soup is guaranteed to provide you with a sweet heat that will warm you from the inside out. For a lighter version the soup can be made without the addition of the coconut milk and eaten as a broth with just the vegetables, herbs, spices and corn cobs. The corn kernels in the soup are a delightful addition that will have you emptying your bowl in seconds. If you have frozen corn kernels on hand it may be used alternatively. Not a fan of split peas? You may substitute them for either Gungo peas or Red Kidney beans.

Recipe

Time:

1 hour 10 minutes

Prep: 10 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Skillet
- Large soup pot
- Blender
- Wooden spoon
- Vegetable peeler

Difficulty:



Overall Rating:



Ingredients



- 1 tablespoon of Cooking Oil
- 1 small Onion, chopped
- 3 cloves Garlic, minced
- 1 stalk Celery, diced
- 10 cups Water
- 1/2 cup Coconut Milk
- 2 large Vegetable Bouillon cubes
- 1 cup dry yellow Split Peas
- 3 cups pumpkin, cubed
- 2-inch piece Fresh Ginger, peeled and grated
- 3 sprigs Fresh Thyme
- 3 medium Irish potatoes, peeled and cubed
- 4 cobs Fresh corn
- 3 Carrots, diced
- 1/4 to 1/2 teaspoon Cayenne Pepper
- 1/2 tsp Black Pepper
- 1 tsp Salt, or to taste
- 1 scotch bonnet pepper, whole
- 1 packet of Grace Cook Soup Mix

Directions



- 1) Sauté onion, garlic and celery in cooking oil until onion is transparent.
- 2) Add water, coconut milk, bouillon, split peas and 2 cups of pumpkin to pot and bring to a boil on high.
- 3) Lower heat and cook on a slow boil until the split peas are soft; about 20 to 30 minutes.
- 4) In the meantime, cut 2 cobs of corn into 1/2-inch "wheels" and shave the kernels off of the remaining 2 cobs; set aside.
- 5) Once split peas are soft, use a blender to puree the broth in the pot until smooth.
- 6) Add the remaining pumpkin/squash, potatoes, carrots, corn, ginger and thyme to the pot and simmer on medium for about 20 minutes, or until carrots and potatoes are soft
- 7) Stir in the remaining seasonings: black pepper, cayenne pepper, and salt. If using, place the scotch bonnet pepper on top
- 8) Simmer soup for about 5 to 10 more minutes or until the flavour of the seasonings are released into the soup; discard scotch bonnet pepper.

FISH TEA



This soup is restaurant good, low fat, flavourful and refreshing. With dominating impressions of fresh fish that calls to the Caribbean Sea this recipe is perfect for the cook who is just beginning their culinary journey. The soup can be enjoyed by itself and can even be made into a more rounded meal with the addition of other ground provisions and vegetables. The limits to which this soup can be customized are endless, you are bound only by your imagination and palate.

Recipe

Time:

1 hour 10 minutes

Prep: 10 minutes

Cooking: 1 hour

Utensils



- Measuring spoons
- Large sauce pan
- Knife
- Large soup pot

Difficulty:



Overall Rating:



Ingredients



- 2 lbs of whole fish, scaled and washed in lime water
- 2 litres of water
- 4 fingers of green bananas
- 2 Scotch Bonnet peppers
- 4 stalks of Escallion
- 2 medium carrots
- 5 pimento dried berries
- 3 medium Irish potatoes
- 5 sprigs of thyme
- 2 cloves of garlic
- 2 potatoes
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 3 medium fingers of okra, chopped
- 1 small onion
- 1 packet of Fish Tea Noodle Soup

Directions



- 1) Bring the water to a boil in a large sauce pan. Add the fish then simmer for 30 minutes. After the 30 minutes have passed strain all the water from the fish. Set aside. You will use this water as a stock for the soup.
- 2) Separate the meat of the fish from the bones and set aside.
- 3) Chop the potatoes, bananas, garlic, scallion, onion, carrot and okra. Place the chopped vegetables, seasoning (black pepper, salt) and fish stock in a large soup pot. Add the fish meat to the stock and simmer for 30 minutes. In the last 10 minutes of cooking add the Fish Tea Noodle Stock. Simmer until the noodles are cooked and the flavours incorporated.
- 4) Remove from fire and serve immediately.

GUNGO PEAS SOUP



Many people detest pea soups for one main reason; they think its bland. This recipe for Jamaican Gungo Peas Soup will banish this thought. Full, hearty and delicately spiced and flavoured this soup makes a rousing meal that can be enjoyed for a dinner. If you do not have green Gungo peas on hand you may substitute it for dried or frozen gungo peas. The most difficult thing about the recipe is the long time needed for preparation. To lessen the amount of time it is advisable for you to use a pressure cooker to soften the pigs tail, beef and gungo peas. This soup brings with it an exquisite taste and as such take caution that once you have tasted a bowl for yourself, two or three will follow.

Recipe

Time:

1 day 1 hour 30 minutes

Prep: 24 hours

Cooking:

1 hour 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large sauce pan
- Large soup pot
- Pressure cooker

Difficulty:



Overall Rating:



Ingredients



- 1½ lb of stew beef bone (with meat on it) or cubed stew beef
- 1 lb of salted pigs tail
- 2 cups Gungo Peas green
- 3 sprig thyme
- 2 stalks scallion
- 8 pimento seeds 2 teaspoons of salt
- 1 teaspoon of black pepper
- 4 quarts of water
- 3 medium small Irish potatoes peeled and cubed
- 2 scotch bonnet peppers
- 2 garlic pegs (crushed)
- ½ cup carrots, cubed
- 1 lb. yellow yam, cut up
- Flour dough for spinners/dumplings

Directions



- 1) Soak peas in cold water to soften (preferably overnight).
- 2) Soak salted pigtail in cold water to get rid of excess salt (preferably overnight).
- 3) Place the pig tail, beef, and Gungo peas in a pressure cooker with boiling water. Simmer for about 30 minutes. Then transfer to a large sauce pan.
- 4) Add the potatoes, yam, thyme, garlic, salt, pepper, pimento (all spice), scotch bonnet peppers and hot pepper to the sauce pan.
- 5) Stir the soup and simmer for 30 minutes before adding spinners/dumplings and carrot.
- 6) Simmer for another 30 minutes until the soup is of a medium consistency. Serve hot.

JANGA SOUP



This recipe is similar to that of the Jamaican Fish Tea in its simplicity and the wide range of flavours and spices that the dish has to offer. If you've never sampled Jamaican Janga Soup before, then I'm about to be your favourite person in the Western hemisphere. Hot, spicy and nutritious, this soup will not disappoint the seafood lover's palate. If you have a history marred by a hatred of all thing soup, this recipe is for you as it is guaranteed to transform you into a 100% certified soup person. The recipe calls for vinegar to be used as a cleansing agent for the Janga however lime juice can also be used. The soup can be made with the Janga meat inside of the shell.

Recipe

Time: 50 minutes

Prep: 5 minutes

Cooking: 45 minutes

Ingredients



- 3 sprigs of thyme
- 2 medium cho chos
- 2 Scotch Bonnet peppers
- 1 gallon of water
- 1 lb of Janga crayfish
- 1 teaspoon vegetable oil
- 1 lb yellow yam or white yam
- 2 small Irish potatoes
- 1 cup of flour
- 1 packet Chicken soup mix
- 6 pimento grains
- 1 stalk of Escallion
- 1 small onion diced
- Salt and black pepper to taste

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Sauce pan
- Soup pot
- Wooden spoon

Difficulty:



Overall Rating:



Directions



- 1) In a large bowl wash the Janga in vinegar and water.
- 2) Remove the shell from the Janga. Put the Janga to boil in a saucepan for 4 minutes. Drain the water and set the Janga aside.
- 3) Knead the flour into dough and make dumplings or spinners. Set aside.
- 4) Peel & cut the yam, Irish potato and cho cho into small bite size pieces. Wash and set aside.
- 5) Bring the 1 gallon of water to boil in a soup pot. Add all the ingredients except the soup mix, the Janga and Irish potato to the boiling liquid. Cook for 15 minutes.
- 6) Stir soup with a wooden spoon and add the soup mix, the Janga and Irish potato pieces. Season soup with salt and black pepper to taste.
- 7) Cook for 7 minutes. Stir the ingredients while cooking.
- 8) Let it simmer until done. Serve hot.

MANNISH WATER



Full of deep goat flavour with a rich, spicy profile., this soup is a feast for both the eyes and palate. The goat meat and vegetables with their echoing flavours, form a strong savoury base on which on which stronger flavours of spicy—sweet heat along with the crunch of root starches and flour dumplings manifest themselves without overwhelming the soup. A thing of beauty, this soup is the culinary embodiment of utopia.

Recipe



Time:

1 hour 10 minutes

Prep: 5 minutes

Cooking:

1 hour 5 minutes

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Medium sized pot
- Soup pot
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 2 lb of goat head and feet
- 1/2 lb pumpkin, washed and diced
- 2 carrots, peeled, washed and diced
- 1 Irish potato, peeled, washed and diced
- 3 cloves of garlic, crushed
- Few grains of pimento (allspice)
- Salt to taste
- 1 cup of flour (to make dumplings)
- 1 lb of yellow yam
- 3 stalks of Escallion
- 3 fingers of green banana, washed and sliced (leave skin on)
- 2 sprigs of fresh green thyme
- 1 green hot pepper

Directions



- 1) Cut the goat's head and feet into small pieces. Place in a medium—size pot of boiling water. The water must be enough to cover the goat's head. Bring the pot to a boil, over medium heat for 10 to 15 minutes. Remove from heat and discard the water.
- 2) Put the goat head and feet to boil in four cups of water over high heat. Add a few grains of pimento (allspice) and 2 cloves garlic. Boil the goat head and feet until partially cooked; add more water if needed.
- 3) Add the pumpkin, carrot, and banana and allow to cook for 10 minutes. Meanwhile, make your dumplings. Set aside. Add yam and cook for an additional 10 minutes.
- 4) Add the dumplings, scallion, thyme and hot pepper then salt and pepper to taste. Stir and lower the heat.
- 5) Let simmer until soup becomes thick then remove from heat.
- 6) Serve hot.

PEPPER POT SOUP



Have a glut of callaloo, try utilising your bountiful harvest by recreating this popular Jamaican classic that proves that flavour doesn't have to be comprised when preparing vegetable-based soups and that going economical can be very delicious. This dish utilises food stuff and vegetables that are relatively cheap and accessible in all parts of Jamaica. Jamaican PepperPot Soup is a classic combination and its flavour justifies that distinction. No fresh callaloo at hand? You may use canned callaloo instead. However, omit steps three where the callaloo would have to be boiled. So, without further ado let's get this soup sizzlin'.

Recipe

Time:

1 day 80 minutes

Prep:

1 day 15 minutes

Cooking:

1 hour 5 minutes

Utensils



- Measuring cups
- Soup pot
- Blender
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 1 lb Callaloo (approximately 8 stalks)
- ½ lb of okra
- ½ lb of pig's tail and/or ½ lb. salt beef
- Flour dumplings
- ½ lb of yam and dasheen
- 1 Stalk of Escallion
- 3 Stalks of Fresh Thyme
- 1 Scotch Bonnet pepper
- ½ cup of Coconut Milk
- Black Pepper
- 3 quarts of water

Directions



- 1) Soak the ½ lb. pig's tail and ½ lb. salt beef overnight.
- 2) Cook the pig's tail and beef until both are tender.
- 3) Add the callaloo and okra to the pot and boil both the meat and vegetables.
- 4) Remove the cooked callaloo and okra from the pot and place in a blender with some of the soup stock. Puree vegetables and return them to the pot.
- 5) Add the diced yam, dasheen, coconut milk, Scotch bonnet pepper and other seasonings to the meat and vegetables.
- 6) Add the spinner flour dumplings to the soup. Simmer for approximately 45 minutes to an hour.
- 7) Add black pepper and stir. Serve hot

PUMPKIN CHICKEN SOUP



A welcome addition to your table, this soup is relatively easy to prepare. Leftovers is any, when reheated tastes better the next day. It is therefore quite obvious as to why this soup is the traditional Saturday soup that graces many Jamaican tables on the weekend. Classic comfort food, the addition of starchy vegetables and tubers, pimento seeds and Scotch Bonnet pepper give this Jamaican rendition its crunch, aroma and spice. By swapping the ingredients in traditional chicken soup for the exotic Jamaican ones, you achieve a soup that is just as soothing as the original but with nuanced layers of flavour.

Recipe



Time: 1 hour

Prep: 5 minutes

Cooking: 55 minutes

Ingredients



- 3 quart of water
- 2 lb of chicken
- 1/2 lb of carrots, cubed
- 6 pimento Seeds
- 1/4 lb of turnips, cubed
- 3 garlic pegs crushed
- 1 lb of Pumpkin/Squash (cut into 1 inch pieces)
- 1/2 lb of cho cho cut into 1 inch pieces
- 1 large Scotch Bonnet Pepper
- 1 lb of yellow yam, sliced
- 3 sprigs of thyme
- 2 stalks of escallion
- 1 tablespoon of salt
- 1 packet of Jamaican Cock Soup
- 1 medium Irish potato
- 3 stalks of celery diced
- 3 stalks of corn broken in half
- Dumplings/ spinners

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Wooden spoon

Directions



- 1) Boil chicken in 3 quarts of water for 20 minutes with pumpkin, cho cho, pimentos, garlic, Scotch Bonnet pepper and salt.
- 2) Cut vegetables, yam and cho cho and add with the other ingredients to the pot
- 3) Add dumplings/spinners.
- 4) Simmer soup for 30 minutes until yam is cooked and the soup is of a medium consistency.

Difficulty:



Overall Rating:



RED PEAS SOUP



If you ask any Jamaican on the street what their favourite soup is, there is a high probability that majority of the respondents will respond with Red Peas Soup— and with very good reason. Red Peas Soup is an ode to peas soup everywhere that unleashes bountiful flavours that tantalize the taste buds and palate. A spoonful of this soup imparts the exploding tastes of meat, heat, fresh seasonings and herbs, starchy vegetables and of course its namesake— the little kidney shaped Red peas that give it its exquisite colour. Take a cue from thousands of Jamaicans by preparing a pot or two of this wonderful soup. If you are using pigs tail or beef stew, it is advisable that you soak them in water overnight to cut the extra salt. You may continue with the recipe after this additional step.

Recipe

Time:

1 hour 5 minutes

Prep: 5 minutes

Cooking: 1 hour

Utensils

- Measuring cups
- Measuring spoons
- Large soup pot
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients

- 8 cups of water
- 1 and a half cups of red peas, soaked
- 1 large ham bone
- 2 cloves of garlic, crushed
- 2 whole pimento berries
- ½ pound of yellow yam, peeled and sliced
- ½ pound of cocoa, peeled and sliced
- ½ of a small breadfruit, sliced
- 1 carrot sliced
- 1 packet of Grace Coconut Milk Powder
- Spinners/ Flour dumplings
- 1 stalk of escallion, crushed
- 1 sprig of thyme
- 1 whole Scotch Bonnet pepper
- 1 packet of Grace Cock Soup Mix
- 1 medium sized hambone/ ½ pound of pigs tail or beef stew

Directions

- 1) Put water to boil in a large pot. Add red peas, ham bone/ pigs tail or beef stew (if you are using the last two meat alternatives please read the recipe notes at the bottom of the page), garlic and pimento berries and boil for about 40 minutes or until the peas becomes tender.
- 2) Add the yellow yam, cocoa, sweet potato and breadfruit, if it is used.
- 3) Mix in the Grace Coconut Milk Powder, then shape and add the spinners.
- 4) Fold in the celery, crushed escallion, thyme, whole scotch bonnet pepper and the Grace Cock Soup Mix. Allow to simmer for about 15–20 minutes.



MAIN COURSES



This is how we stew it!
**(also featuring steaming, roasting, jerking,
baking, barbecuing and currying)**



From the first inhabitants of the island to the European colonisers who erected their vast sugar plantations around the island, all the ethnic groups that contribute to the melting pot of the Jamaican culinary profile are carefully and explicitly represented in the recipes that grace the following chapter. From the break of dawn, street vendors and culinary establishments such as Juci Beef or Mothers in any bustling metropolitan area prepare several varieties of hearty meat and vegetable dishes for hungry commuters during periods of lunch, supper and dinner. Most of the meals included in this chapter are uniquely Jamaican with bold and exciting flavours where there is a harmonious marriage between the ingredients used to create, dear I say culinary genius and the authentic Jamaican spices.

In Jamaica there is a popular saying that has been immortalised by a song sung by Jamaica's most influential Dancehall artiste, Vybz Kartel; that saying is "Nothin' nah waste nothin nah dash weh". This is indeed true, if one was to take a microscope and carefully examine the delicacies that are prepared by islanders. Vegetables, fruits, starches and meats that have long been abandoned by the world and deemed undesirable by European and American palates are utilised in many Jamaican kitchens.

Some of these would include: ackee, salted fish, oxtail, pigs tail, salted mackerel, beef and cow intestines, animal feet, goat head and the reproductive organs of many animals. The use of these 'undesirables', as they were so nicknamed by European colonisers can be traced to the sugar cane plantations where they were often used to supplement the meagre food rations given to the enslaved African labourers by the plantation masters.

These foods were thought to be too lowly and common for the white plantocracy and so after the best parts of imported and locally grown crops were consumed by plantation owners, the scraps that were left were given to the enslaved masses.

Ironically, the parts that the planters considered to be 'undesirable' are most often the tastiest (especially if prepared using Jamaican standards), healthiest and most nutritious parts. One chronic example of this is chicken feet.

Modern research has shown that chicken feet contain which are not only rich in collagen but also a good source of hyaluronic acid, and chondroitin sulphate. Not only are some of these foods healthier than conventional meat, but they are incredibly affordable. It is perhaps all of these reasons why Jamaican cuisine features so many dishes made from them.

The type of meat or vegetable featured in Jamaican recipes are delicately well-balanced and pair synchronously with the herbs, spices and seasonings that give them that Jamaican food. Fret not about ingesting the offal, feet or head of animals or serving them at fancy dinners and luncheons. The complementary flavours and dominant background notes of savoury sauces and gravies in which they are slathered will convert the most vehement offalophobes (those who detest the idea of ingesting animal offal). This is due not only to the exquisite taste of the succulent meat and hearty savoury gravies but also the addition of a Jamaican blend of herbs, spices and seasonings that are cooked with the meat or veggies or are used as a marinade. These would include: scallion, thyme, aromatics such as garlic, ginger and onion, dried all spice berries and the Scotch Bonnet pepper.

Historically the meals prepared in Jamaica are a shared inheritance from all of the ethnic groups that occupied or were brought to the island and as a result utilises similar or synchronous methods, spices, flavours and ingredients. These methods include: jerking, barbecuing, roasting, stewing, steaming, frying and currying.

The Jamaican blend of herbs and spices along with several other unique flavourings were later used by the Maroons to develop the world-renowned Jamaican Jerk Seasoning and marinades which are rubbed into several meats and smoked over pimento wood in a metal 'drum pan'. This method of cooking is uniquely Jamaican right down to its very core. The end results include meats and veggies that are fragrant, sweet, savoury and tenaciously spicy, truly earning its rightful spot in Jamaica's history. In the days of slavery this method was an inventive necessity for runaway slaves and the formerly enslaved who formed Maroon communities. Utilising this method, the smoke accumulated during the jerking period was tactfully concealed, ensuring that the smoke would not betray their positions to the 'Red Coat soldiers' who hunted runaways. The use of the jerking method was strategic not only in that way but was also incredibly sufficient in enhancing the flavour of the meat.

From the Tainos, Jamaica and indeed the rest of the world adopted the popular method of barbecuing meat. The name of the method itself pays tribute to the Taino people who cooked fish, lizards. Birds and turtles over fires which they called 'barbacoa'. It is from the Arawakan speaking Taino that the modern word 'barbecue' was coined. Much like the Tainos Jamaicans barbecue a wide selection of meats, the most popular of which is chicken, which when placed on menus in any Jamaican restaurant is gobbled up before the temperature of the pot is warm.

As Jamaicans we owe the intricate method of roasting starches and meat to our African ancestors and the Taino. It is from them that recipes for roasted yam, breadfruit, potatoes, corn, fish both fresh and salted, pork, beef and chicken originate. A journey into some of Jamaica's most rural communities will expose you to numerous roadside stalls where the above—mentioned foods are skilfully prepared over the open flames of wooden fires.

Much of the Jamaican diet consists of one pot soups, stews and steamed veggies where an abundance of starches, vegetables, roots and meat are decadently seasoned often slow—cooked, simmered or steamed to perfection with a plethora of spices and seasonings. The result? The impartation of hearty savoury goodness.

The origins of deep—frying food, particularly meat seem to be hazy. The first dish known to be deep fried was fritters, which were particularly popular during the Middle Age in Europe. With the renaissance and the rebirth of learning, people began to experiment with deep frying other foods. It has been postulated by scientists that the Scottish were the first Europeans to deep fry their chicken in fat. This was done without the addition of seasonings and defers tremendously from the way in which the West African peoples; before they were forcibly brought to the Caribbean, deep fried their chicken. In West Africa, the native peoples seasoned their chicken with herbs and spices, coated it in a batter and fried it in palm oil. The modern way of deep—frying food is a combination of both the Scottish and West African methods which emerged when the enslaved were brought to the American South. The Jamaican recipe for this dish was born out of a similar way. Today, Jamaicans deep fry a variety of foods including chicken, fish, roasted breadfruit, flour dumplings and ripened plantains.

If you're familiar with Jamaican cuisine you'll no doubt know the important role that curry plays in some of Jamaica's most prominent dishes. Brought to the island during the importation of East Indian labourers after Emancipation, curry is now one of Jamaica's most popular spices, with currying earning a top spot on the Jamaican culinary pedestal in regards to methods of preparing food. Almost every of meat and seafood can be curried with the most popular ones being; chicken, shrimp, crab and most importantly goat meat.

Curry powder, by nature is highly subject to several variations that differs from region to region based on local flavour preferences. Curry powders across the world have varying flavour profiles, for example; the Jamaican curry powder has been blended to include allspice. Additionally, the Jamaican curry powder is usually less spicy than its oriental and British counterparts as in most cases additional heat is added to dish with the addition of minced Scotch Bonnet peppers. Another way in which our little island's curry powder differs from other varieties is its composition, in which our curry has significantly more turmeric in proportion to other spices that make up the blend.

Whether you prefer to jerk, bake, barbecue, roast, curry, steam or stew your food, there is a Jamaican recipe just waiting to be discovered, sampled and praised for its brilliance and inventiveness. Any cook worth his or her salt, can draw inspiration from these Jamaican recipes which by their very nature are a tantalizing combination, serving as the physical manifestation of 'all the people who came'.

"Sir, respect your dinner: idolize it, enjoy it properly, you will be many hours in the week; many weeks in the year, and many years in your life happier if you do."

William Makepeace Thackeray (1811–1863)

ACKEE AND CORNED PORK



A meaty spin on the classic Jamaican Ackee and Saltfish where the saltfish has been substituted for corned pork. This meal will be hit with the meat lovers at the table and is guaranteed to earn you a pat on the back and a hearty round of applause. The dish is particularly great with a serving of boiled dumplings, plantains and green bananas eaten for a heavy breakfast or dinner.

Recipe



Time:

2 hours 43 minutes

Prep: 10 minutes

Cooking:

2 hours 33 minutes

Utensils



- Measuring cups
- Measuring spoons
- Bowl
- Knife
- Sauce pan
- Frying pan

Difficulty:



Overall Rating:



Ingredients



- 1 1/2 pound of corned pork
- 1/2 teaspoon of Black Pepper
- 6 cups of water
- 2 dozen ackees
- 1 teaspoon of salt
- 1/4 cup of Vegetable Oil
- 1 stalk of scallion chopped
- 1 large onion, chopped
- 2 small tomatoes, chopped
- 1 large sweet pepper, chopped
- 1 teaspoon of Scotch Bonnet Pepper, chopped
- 2 pegs of garlic minced

Directions



- 1) Wash corned pork and cut into bite-size pieces. Place into a pot, cover with tap water and put to boil for about 1–2 hours. Drain, add tap water and set aside.
- 2) Clean and wash ackee and set aside. Bring water to boil, add salt and ackee.
- 3) Heat a large frying pan, drain pork and place into the hot frying pan. Fry for about 15–20 minutes or until the pork becomes crisp and brown in colour.
- 4) Mix in the garlic, onion, scotch bonnet pepper, scallion, tomatoes and sweet pepper.
- 5) Fold in the boiled and drained ackees and sprinkle with black pepper, leave to heat through for 3 minutes.
- 6) Serve immediately.

ACKEE AND SALTFISH



Jamaica's National Dish needs no introduction to Jamaicans at home and abroad. It is a magnificent meal that can be had for breakfast, lunch and dinner, is extremely economical and can be prepared within minutes. It is a great recipe for those who are just beginning their Jamaican culinary adventures. It is usually eaten with boiled yams, potatoes, dumplings and green bananas. Although the recipe calls for fresh ackees if they are not at hand you may use canned ones.

Recipe



Time: 50 minutes

Prep: 40 minutes

Cooking: 10 minutes

Utensils



- Measuring cups
- Measuring spoons
- Skillet

Difficulty:



Overall Rating:



Ingredients



- 2 tablespoons of oil
- 1 small onion finely chopped
- 3 cloves garlic finely minced
- 2 stalks of escallion thinly sliced, whites and greens separated
- Fresh thyme, about 2 teaspoons when pulled from stem
- 1 to 2 teaspoons of Scotch bonnet pepper minced
- 1 large bell pepper, thinly sliced
- 1 medium sized tomato cut into chunks
- 8 ounces of Saltfish boiled and deboned
- 16 ounces of Ackee parboiled and drained
- Pimento ground or a few kernels crushed, to taste
- Salt and pepper to taste

Directions



- 1) In a skillet, heat the oil over medium heat and add the onions. Cook for about 1 minute.
- 2) Add the garlic and cook a minute more.
- 3) Add the white part of the escallion, thyme, scotch bonnet pepper and pepper and tomatoes, cook for 1 to 2 minutes.
- 4) Add the saltfish and cook for 1 to 2 minutes more. Add the ackee being careful not to squash them.
- 5) If the mixture is dry, add a little bit of water. Turn the heat down to low and let simmer for about 5 minutes.
- 6) Adjust seasonings to taste.
- 7) Serve warm with your favourite side.

BAKED CHICKEN



We all love a good barbecue in Jamaica, not just because the chicken is absolutely decadent with the beautiful layer of sauce on top, its perfect for dinner no matter what the occasion. Like all the others that have graced the pages of this recipe book, are phenomenal when done in just the right way. The baked chicken by itself is a rival for others of its kind but when the sauce provided in the directions above are paired with it; culinary excellence is achieved.

Recipe



Time:

1 hour 20 minutes

Prep: 30 minutes

Cooking:

50 minutes

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Food processor
- Non-Stick baking pan
- Aluminium foil

Difficulty:



Overall Rating:



Ingredients



- 2 lbs of skinless chicken
- 1 tsp. rosemary
- 1 1/2 tsp. paprika
- 1 tsp. chilli powder
- Half an onion, sliced
- 1 Scotch Bonnet Pepper, minced
- 1 small Sweet pepper, sliced
- 1 stalk of scallion, sliced
- 1 clove of garlic, minced
- 3 tablespoons of Vegetable oil
- 4 tablespoons of ketchup
- 1 teaspoon of soy sauce
- 1 tablespoon of jerk sauce
- 1 teaspoon of fish and meat sauce

Directions



- 1) Using a food processor, puree the onion, garlic, pepper and vegetable oil until you achieve a smooth paste. Set aside.
- 2) Wash the chicken in a solution of vinegar and water. Drain and pat dry.
- 3) Put chicken into a bowl and season with all the dry condiments, then rub on the blended herbs and spices. Cover and marinate chicken for at least 30 minutes.
- 4) Preheat oven at 350 degrees Fahrenheit.
- 5) Place the chicken onto a baking pan. Use a sheet of Aluminium foil paper to cover pan then place in the preheated oven and bake for 30 minutes.
- 6) Remove chicken from oven and turn each piece. Place in the oven for an additional 15 minutes.
- 7) Make the sauce by mixing together the ketchup, soy sauce, jerk sauce and fish and meat sauce along with juices from the chicken juices from the pan.
- 8) After 15 minutes, remove chicken from oven and spoon over the sauce on each piece of chicken. Return chicken to oven for about five minutes.
- 9) Remove from oven and serve.

BAKED HAM



What's better than soft, succulent ham with crispy, charred sticky edges that pairs perfectly with a sauce that is neither too sweet or too tangy. A taste of Christmas on the island begin your holiday celebrations with a slice or two of this ham. Through this recipe it is quite obvious that Jamaicans have an innate ability to skilfully mix different flavours, spices and seasonings in preparing food. This ability has no doubt influenced the vibrant Jamaican cuisine that is world renowned. Your favourite alcohol or spirit can be added to give the recipe an extra kick.

Recipe



Time:

2 hours 5 minutes

Prep: 5 minutes

Cooking: 2 hours

Utensils



- Measuring cups
- Measuring spoons
- Meat thermometer
- Baking pan
- Sauce pan
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 4 lb ready-to-serve ham
- A few whole cloves
- 1 cup cranberry sauce, or strawberry or raspberry jam
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ cup pineapple juice
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup brown sugar (if using cranberry sauce)
- 1 teaspoon mustard

Directions



- 1) Remove wrapping from ham. Score fat in a diamond pattern and stud with cloves.
- 2) Bake ham in a 325F/165C oven for 2 hours or until a meat thermometer registers 130F/55C.
- 3) In a saucepan, stir together cranberry sauce or jam, orange juice, lemon juice (add brown sugar if using cranberry sauce) and mustard. Simmer glaze uncovered for 5 minutes to thicken.
- 4) During the last 30 minutes of baking the ham, glaze by spooning glaze sauce it over every 10 minutes.
- 5) Any remaining sauce can be served on the side.

BROWN STEWED CHICKEN



Aromatic and satisfying this Brown Stewed Chicken hits home when hunger pangs hit. In this meal, lightly fried chicken is simmered in rich, thick gravy. The fat from the fried chicken imbues the gravy with a savoury taste. The chicken, with the help of the hour— long marination period is seasoned to perfection, the meat is tender and succulent and the flavours are bold. If you love vegetables, then feel free to add a $\frac{1}{4}$ cup of frozen vegetables to this chicken stew. Adding half of a tomato takes the recipe to new heights as it provides the stew with a thicker body.

Recipe

Time:

1 hour 50 minutes

Prep:

1 hour 6 minutes

Cooking:

44 minutes

Utensils



- Measuring cups
- Measuring spoon
- Bowl
- Paper towel
- Medium sized sauce pan

Difficulty:



Overall Rating:



Ingredients



- 3lbs of skinless chicken, cut into pieces
- 2 teaspoons of salt
- 1/2 teaspoon of Black pepper
- 2 teaspoons of sugar
- 3 Large cloves of garlic, minced
- 2 stalks of scallion (white part only), chopped
- 1/2 cup of cooking oil (for frying chicken)
- 1/4 each, of a Red and Green bell pepper, chopped
- 1 Sprig of fresh thyme
- 1 teaspoon of Pepper sauce
- 1 Tablespoon of Tomato ketchup
- 1 1/2 to 2 cups of hot water
- 1 Large onion, chopped
- 1 teaspoon of salt (to taste)

Directions



- 1) Wash the chicken with a solution of water and vinegar. Pat dry with a paper towel.
- 2) Season chicken with salt, black pepper, sugar, garlic and scallion. Marinate the chicken for at least one hour before frying.
- 3) Remove scallion and garlic from chicken. On high heat, fry the chicken in cooking oil for 2 to 3 minutes on each side, until browned. Remove chicken from pan.
- 4) Remove half the cooking oil in pan and use remaining oil to fry onions and bell peppers until onions are transparent.
- 5) Add thyme, hot pepper sauce, tomato ketchup and 1 cup of hot water to pan and stir; taste gravy and add 1 tsp of salt, if needed; let simmer for 5 minutes.
- 6) Add chicken to gravy. Add 1/2 to 1 cup of hot water and turn heat to Low and cover pan. Simmer chicken for 30 minutes or until it is tender and the gravy has thickened.
- 7) If the gravy is still watery after 30 minutes, remove the chicken and let the gravy simmer on Medium until it thickens. Then put the chicken back in the pan spooning the gravy over it and simmering for a few minutes to warm through.

BROWN STEWED CHICKEN FEET



Yet another testament of the ingenuity and creativity of Jamaicans in utilising foods that would often be discarded. The recipe is simple, fairly easy to follow and yields outstanding results when followed to a T. Those at your dinner table will marvel at the exquisite flavour and taste of the chicken feet. If you do not have any lime or lemon, you may use a vinegar and water solution to wash the chicken feet. The feet do not have to be chopped to halves, but it is a customary tradition for many Jamaicans.

Recipe


Time:

1 hour 4 minutes

Prep: 28 minutes

Cooking: 36 minutes

Utensils

- Measuring cups 
- Measuring spoons
- Knife
- Cutting board
- Bowl
- Medium sized sauce pan
- Spoon

Difficulty:



Overall Rating:



Ingredients

- 12 chicken feet
- 1 1/2 tsp. food browning
- Salt to taste
- 1 teaspoon of ground black pepper
- 1 teaspoon of paprika
- 1 teaspoon of Maggie chicken seasoning
- 1 small ripe tomato, sliced
- 1 teaspoon of Maggie all-purpose seasoning
- 2 medium sized Scotch Bonnet pepper, sliced
- 1 small onion, sliced
- 2 cloves garlic, crushed
- 1 tsp. vegetable oil
- 2 cups water
- 2 tbsp. ketchup

Directions

- 1) Cut the nails from the chicken feet. If you want, you can chop each chicken foot into halves.
- 2) Wash chicken feet with lemon or lime water. Drain. In a bowl, season chicken feet with all the condiments, cover and marinate for at least 20 minutes.
- 3) Put a medium sized sauce pot on high heat and add the oil. Heat the oil for about 2 to three minutes. Add the seasoned chicken feet before the oil becomes hot.
- 4) Stir with a spoon and add the 2 cups of water. Cover pot and cook chicken feet until tender (about 20–30 minutes). When the water reduces, add more salt if needed and the ketchup.
- 5) Lower heat and allow chicken feet to simmer until the gravy thickens. Remove from heat and serve.

BROWN STEWED FISH



A most decadent fish dish that has all the characteristics of fried fish and all the characteristics of the classic Jamaican meat stew. The result; perfection. Washing the fish with lime and water will help to reduce the rawness of the fish. Dry fish with paper towels to prevent the oil from splashing during the cooking process. While panfrying fish don not move it about the pot. This causes the fish to break apart. The browning in the recipe is used to give the stew a rich dark colour. This dish is best served with rice and peas or boiled ground provisions.

Recipe



Time: 45 minutes

Prep: 15 minutes

Cooking: 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Paper towel
- Skillet

Difficulty:



Overall Rating:



Ingredients



- 2 lbs of Red Snapper Fish
- 1 medium onion, chopped
- 1 green Bell pepper, chopped
- 1 tablespoon of salt
- 1 tablespoon of black pepper
- 1 sprig of fresh thyme
- ¼ ounce of soy sauce
- ¼ ounce of browning
- 2 cloves of garlic, minced
- 1 ounce of lime juice
- 1 Scotch Bonnet pepper, minced
- ½ cup of water
- ¼ ounce of ginger, chopped

Directions



- 1) In a large bowl wash the fish in a lime juice and water solution. Dry the fish with a paper hand towel to remove all the juice and water. Season fish with salt and black pepper.
- 2) Heat the oil in the skillet on high for 2 minutes, then reduce the heat to medium.
- 3) Carefully place fish into the oil in the skillet. Pan-fry fish until golden brown.
- 4) Remove fish from skillet.
- 5) Discard the oil and replace with fresh oil. Sauté the onions, garlic and green bell peppers together. Cover for a minute.
- 6) Add water and allow to cook for another five minutes.
- 7) Add the ginger root, mushroom soy sauce, scotch bonnet pepper, thyme and browning. Cover and cook for 5 minutes. Add salt to taste and then add fish to stew and simmer for 3 minutes.

BROWN STEWED LIVER AND GIZZARD



This remarkable Jamaican recipe that uses economical ingredients which yields a most favourable result. It is recommended for you to thoroughly clean the liver and gizzards to ensure that the best parts of the meat are used. The use of vinegar and water to wash the meat is necessary to remove the rawness of the meat. The chicken liver can be substituted for that of a cow. The recipe however would need to be adjusted, starting with the total time needed for preparation and cooking.

Recipe

Time: 45 minutes

Prep: 10 minutes

Cooking: 30 minutes

Ingredients



- 2 lbs of chicken liver and gizzards
- 1/2 teaspoon of Maggie All-purpose seasoning
- 1/2 teaspoon of Maggie Chicken Seasoning
- 1/2 teaspoon of Paprika
- 1/2 teaspoon of ground black pepper
- 1/2 teaspoon of parsley
- 1/2 teaspoon of basil
- 1 stalk of scallion, chopped
- 1 clove of garlic, minced
- 1 small Scotch bonnet, chopped
- 1 sprig of thyme
- Half of an onion, chopped
- 1/2 teaspoon of salt
- 1 teaspoon of Worcestershire sauce
- 1 tablespoon of extra dark soy sauce
- 1 teaspoon of vegetable oil
- 2 cups of water

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Bowl
- Medium sized pot
- Wooden spoon

Difficulty:



Overall Rating:



Directions



- 1) Trim fats and anything else from liver and gizzards then wash with vinegar and water. Drain.
- 2) In a bowl, season liver and gizzards with all the spices, fresh and dried herbs as well as salt, soy sauce and Worcestershire sauce.
- 3) Put a medium-size pot on low heat. Add the oil, seasoned liver, gizzards and fresh herbs to the hot oil. Cover the pot and allow liver and gizzard to cook in their own juices and develop a brown colour. Stir occasionally.
- 4) Cook until the juice has reduced and the liver and gizzards start to fry.
- 5) At this point, add 1/4 cup of water a little at a time. When the water dissolves add 1/4 cup more until 2 cups are added. Cook liver and gizzards on medium-high heat until the gizzards become soft.
- 6) Taste gravy and add more salt if needed. Add a tbsp. of ketchup. Simmer chicken liver and gizzards until gravy come together on low heat. Remove from heat and serve warm.

CALLALGO AND SALTFISH



Feerily similar to the Angolian dish Calulu, this Callallo and Saltfish is lovely for breakfast when paired with Johnnycakes, but can also be eaten for lunch and dinner with a serving of boiled ground provisions or steamed rice. Whichever way you choose to enjoy this Jamaican delicacy; you can rest assured that you will feast among culinary gods. The saltfish in this recipe refers to salted codfish which is also used in other Jamaican dishes, such as Ackee and Saltfish, Stamp and go among others.

Recipe

Time: 45 minutes

Prep: 30 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Knife
- Cutting board
- Medium sauce pan
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 1 lb of callaloo
- 1/2 lb of Saltfish
- 1 sprig of thyme
- 1 crushed garlic or 2 teaspoons garlic powder
- 1 tablespoon of margarine or vegetable oil
- 1 scotch bonnet pepper, minced
- 1 medium onion, chopped
- black pepper
- salt to taste
- 1/4 cup of water

Directions



- 1) In a large bowl wash callaloo leaves and cut into pieces.
- 2) Heat a medium sized saucepan with the oil or margarine. Sauté the salt fish, onion, garlic, pepper, thyme and scotch bonnet pepper.
- 3) Add the callaloo leaves and water to the pot. Stir and cover the pot.
- 4) Allow the callaloo to cook until tender.
- 5) Sprinkle with pepper and salt. Simmer until the flavours have been incorporated. Serve immediately.

COUNTRY STYLE CHICKEN



If you love chicken, you will simply adore this recipe. It caters to chicken enthusiasts as it embodies not only the characteristics of fried chicken but those of stewed chicken as well. This dish is simple in its preparation and making but packs a whopping punch with its complex flavours; it's sweet, salty and spicy all at the same time. The same pot should be used to fry the chicken pieces and stew the chicken as all the fried chicken pieces that are left at the bottom, called crud or fond, helps to give the chicken that delightful brown colour.

Recipe



Time:

1 hour 3 minutes

Prep: 33 minutes

Cooking: 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Cutting Board
- Large container
- Dutch pot/Skillet

Difficulty:



Overall Rating:



Ingredients



- 3 lbs. chicken or 6–8 chicken pieces
- 1 tablespoon of soy sauce
- Salt to taste
- 1 teaspoon of black pepper
- 1 clove of garlic, crushed
- 1 small onion, chopped
- 1 stalk of Escallion, chopped
- 1 Sprig of thyme
- 1 Scotch Bonnet pepper, chopped
- 2 slices of sweet pepper, chopped
- 1/2 tsp. Worcestershire sauce
- 2 tbsp. ketchup
- 1/2 cup water
- 1 small ripe tomato
- 2 tablespoons of Fish and Meat sauce

Directions



- 1) Cut chicken into serving pieces. Wash with lime and water or vinegar and water solution. Drain. In a container, season the chicken pieces with all the ingredients, except the ketchup and oil. Cover and set aside for at least 30 minutes to marinate.
- 2) Place a Dutch pot or skillet with the oil over medium heat. Heat the oil. Remove the seasoning from the chicken pieces. Lower the heat to a medium low. Put 3–4 pieces of chicken in the hot oil (depending on the size pot). Cover the pot and fry each side of the chicken until lightly brown (about 3–4 minutes, each side).
- 3) Remove fried chicken pieces from the pot and put into a container.
- 4) Pour the oil from the pot once all the chicken pieces have been fried, leaving just a tiny amount in the pot to sauté the seasonings. Sauté until seasonings release their fragrance, about 1–2 minutes. Add the water to the pot and scrape all the fried chicken pieces stuck on the bottom. Turn up the heat to medium. Cover and cook for about 1–2 minutes.
- 5) Place the fried chicken pieces in the pot. Spoon over the Worcestershire sauce on the chicken pieces. Taste the sauce and add more salt if needed. Add the ketchup and cover the pot. Leave the chicken to simmer until the liquid is reduced to a

COW FOOT AND BROAD BEANS



This Cow Foot and Broad Beans is smothered in thick, savoury gravy, cooked in a pressure cooker to cut the total preparation time and to help it to develop that deep incredible flavour. The results? Lip-smacking deliciousness. Even the fussy eaters will love it. Never tried the feet of animals of any kind? Well this recipe is a perfect introduction. The cornstarch slurry is used in the recipe to help thicken the gravy. If you don't like your gravy thick feel free to omit it.

Recipe



Time:

1 hour 36 minutes

Prep:

1 hour 3 minutes

Cooking: 33 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Pressure cooker
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 2 pounds of cow foot
- 4 cups of water
- ½ cup of Grace White Vinegar
- 3 cloves of garlic, chopped
- 3 large onions, chopped
- 5 whole pimento berries
- 2 sprigs of thyme
- 1/2 teaspoon of ginger, chopped
- 2 stalks of escallion, crushed
- 1 can of Broad Beans
- 1/2 teaspoon corn—starch, dissolved in 1 tablespoon water
- 1/2 teaspoon of salt
- 1 tablespoon of soy sauce
- 1/2 tablespoon of All Purpose Seasoning
- 1/2 teaspoon of Black Pepper
- 1/8 cup of Vegetable Oil
- 5 cups of beef stock
- 2 medium carrots cut, diagonally
- 1 large green pepper, cut in strips
- 1 teaspoon of Scotch Bonnet pepper, finely chopped

Directions



- 1) Wash cow foot in a mixture of 2 cups water and Grace White Vinegar.
- 2) Scald cow foot in 2 cups boiling water for 5 minutes then drain.
- 3) Season with garlic, onion, pimento, thyme, ginger, escallion and salt. Rub in the seasoning well. Add soy sauce, All Purpose Seasoning and Black Pepper.
- 4) Marinate for one hour.
- 5) Heat pressure cooker and pour in Vegetable Oil, add marinated cow foot and brown lightly stirring constantly.
- 6) Add beef stock and fasten pressure cooker lid, pressure cook for 20 minutes. Cool pressure cooker thoroughly before opening.
- 7) Add carrots, green peppers and scotch bonnet pepper, stir lightly and allow vegetables to cook until tender. Add Broad Beans and cornstarch and allow to simmer for another 5 minutes.

CURRIED CHICKEN



Jamaican Curried Chicken is easy to make, fragrant and offers a wealth of complex, intricate flavours. Curry lovers will adore it although it is relatively simple. The Irish potato is used in the recipe to give the curry gravy a rich thick texture that is absolutely mind—blowing. If you don't like your curry thick you can omit it. To up your curry game, you can toss in some frozen mixed veggies at the same time the reserved seasonings should be added. This curry can be eaten with steamed white rice or boiled ground provisions.

Recipe



Time:

1 hour 23 minutes

Prep: 48 minutes

Cooking: 35 minutes

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Large bowl
- Skillet
- Wooden spoon

Difficulty



Overall Rating



Ingredients



- 3lbs of chicken
- 2 tablespoon of Jamaican curry powder
- 2 medium onion, chopped
- 5 sprigs of thyme
- 5 cloves of garlic, crushed
- 2 Scotch Bonnet pepper, minced
- 1 teaspoon of black pepper
- 2 teaspoons salt to taste
- lime juice
- 1 small Irish potato, peeled and diced
- 1 cup water
- 3 pimento seeds, crushed
- 1 medium sized carrot, sliced

Directions



- 1) Clean, skin, and cut chicken in small piece.
- 2) In a large bowl wash chicken pieces with lime juice and some water. Drain.
- 3) Season chicken pieces with curry powder, onion, thyme, garlic, all spice (pimento), black peppers, salt and let marinate for a while about 30 minutes. Use about only half or $\frac{3}{4}$ of the seasoning and set aside the rest.
- 4) In a skillet pour about 3 tablespoon of oil. Let oil heat. Add the chicken & seasoning.
- 5) Lightly brown the chicken & seasoning for 5–7 minutes in the skillet
- 6) Add water and scotch bonnet pepper. Let cook for 25 minutes or until done.
- 7) At five minutes before turning off the heat add the reserved seasonings to the pot and simmer.
- 8) Remove from stove and serve hot.

CURRIED CHICKEN FEET



Innately, Jamaicans have a knack for versatility. This is proven in this recipe which puts an exciting spin on curry by using chicken feet, a part of the chicken that is not customarily eaten in other parts of the world. The time which the meal takes to be prepared can be cut significantly shorter with the use of a pressure cooker or cooking the chicken feet before hand. You may substitute lime juice for vinegar in the washing of the chicken feet.

Recipe



Time:

1 hour 42 minutes

Prep: 37 minutes

Cooking:

1 hour 5 minutes

Utensils



- Measuring spoons
- Knife
- Large bowl
- Cutting board
- Large saucepan

Difficulty



Overall Rating



Ingredients



- 2 lbs of Chicken Feet
- 1 tablespoon of Jamaican Curry Powder
- 3 Cloves of garlic, chopped
- 1 Medium Onion, chopped
- 2 Sprigs of thyme
- 1 Stalk of Escallion, chopped
- 1 Scotch bonnet pepper, minced
- 6 Pimento berries, crushed
- Small piece of ginger, chopped
- 1 Medium carrot, diced
- 1/2 teaspoon of All-purpose seasoning
- 1/2 teaspoon of Chicken seasoning
- 1 teaspoon of Salt
- 2 tablespoon Cooking Oil
- Water

Directions



- 1) Carefully remove the nails and skin from the chicken feet. In a large bowl wash chicken feet in a solution of water and vinegar. Drain.
- 2) Season the chicken feet with the chopped onion, crushed garlic, ginger, scallion, thyme, scotch bonnet pepper, pimento berries, the all-purpose seasoning, salt 1/4 teaspoon of salt and 1/2 tsp of curry powder. Marinate for 30 minutes.
- 3) In a large saucepan pour the cooking oil, rest of the curry powder, and put to heat on medium fire. When the oil starts to smoke add the marinated chicken feet and stir. Cook for about 3 minutes until the muscles in the feet starts to contract.
- 4) Add enough water to cover to meat in the pot and the rest of the salt taste. Cover and cook for 50–60 minutes. At the 25 minute or 30-minute mark add the diced carrot, stir and cover pot. Cook chicken feet until tender and the water is reduced to gravy.
- 5) Remove from fire and serve immediately.

CURRIED CRAB



This recipe for Curried Crabs proves that curry does not have to be monotonous. In this recipe the main body, claws and legs of the crab are used. The recipe is fantastic for people who haven't tried to make curry, just make sure you have a basic knowledge of how to prepare the crab for cooking. The addition of coconut milk takes the dish to another level as the gravy already thickened by the potatoes becomes positively creamy. This curry has plenty of deep full flavours and is incredibly satisfying. would recommend for seafood lovers who love the taste of curry.

Recipe

Time: 37 minutes

Prep: 17 minutes

Cooking: 20 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Knife
- Cutting board
- Medium sized pot

Difficulty:



Overall Rating



Ingredients



- 4 crabs, any type
- 1 medium Irish potato, boiled and cubed
- 1 medium onion, chopped
- 1 stalk green onion, chopped
- 1 cloves garlic, chopped
- 1 cup coconut milk
- 3 tablespoon curry powder
- 1 Scotch Bonnet pepper, optional
- Salt to taste

Directions



- 1) Rinse crabs well. Separate and discard the crab back from the main body.
- 2) Pull away and discard the flap of the anus.
- 3) Cut and discard tips of each toe.
- 4) Pull away and discard gills.
- 5) Cut the crab into 4 quarters. Cut claws and toes between joints.
- 6) Combine oil, garlic, green onion, onion, curry powder in a bowl.
- 7) Heat a suitable pot over high heat. When heated, add potato and coconut milk, stirring after each addition.
- 8) Add Scotch Bonnet pepper and season with salt to taste. Stir for 1 minute. Fold in crabs and stir.
- 9) Cook until crabs are tender. Remove crabs from stove and serve immediately.

CURRIED GOAT



If Jamaica could have another national dish, curried goat would receive the honours. This dish is enjoyed by Jamaicans of any creed and social standing. This recipe gives the step by step instructions on how to perfect the Jamaican curried goat. Exploding with bold flavours, this curry is simply divine. Bite sized goat meat is simmered in a hearty sauce infused with pepper, thyme, garlic and curry powder. Serve this outstanding curried goat at any social or personal function and the only comment you'll hear is: Wowza!!!

Recipe



Time:

7 hours 45 minutes

Prep: 6 hours

Cooking:

1 hour 45 minutes

Utensils



- Measuring cups
- Measuring spoon
- Large mixing bowl
- Large saucepan

Difficulty:



Overall Rating:



Ingredients



- 3 pounds Goat meat, cut medium-sized
- 5–6 tablespoons curry powder
- 1 Onion, sliced
- 5–6 garlic cloves, peeled and minced
- 1 Scotch bonnet pepper, sliced
- 4–5 tablespoons Oil, for cooking
- 4 cups water, boiling temperature
- 1 spring Thyme
- 1 onion, finely chopped
- 2–3 Potatoes, peeled and largely cut
- 1 tablespoon, Tomato ketchup
- Salt and Black pepper, as per taste

Directions



- 1) Take a large mixing bowl and combine the goat meat along with curry powder, sliced onions and minced garlic.
- 2) Add the scotch bonnet peppers and sprinkle some salt and pepper in it.
- 3) Mix well and place it in the refrigerator for a minimum of 5–6 hours, or preferably overnight.
- 4) Once the meat has marinated sufficiently, take it out from the refrigerator and remove the onions and bonnet pepper from it and keep them aside.
- 5) Place a large saucepan over high heat and pour some oil in it. Once the oil is sufficiently hot, put the marinated meat and let it cook till it turns brown, keep stirring occasionally.
- 6) As the meat turns brown, add some thyme and pour in the hot water. Cook it covered over medium to low heat for around an hour or so.
- 7) Meanwhile, chop a single medium sized onion and add it to the cooking meat along with the bonnet peppers and sliced onions (from the marinade).
- 8) Pour in some more water and let it boil. Once the meat curry starts to boil, add the cut potatoes along with the ketchup and let it cook over reduced heat for 30–40 minutes till the meat is thoroughly cooked.
- 9) Once done, remove the bonnet peppers and serve hot.

CURRIED SHRIMP



If there is one thing that Jamaicans understand it's how to do a good curry, this is evident from the previous curried dishes in this recipe book. The recipe for Curried Shrimp is no different. With succulent pieces of seasoned shrimp coated in thick, flavourful gravy this meal is sure to become your new guilty pleasure. For the recipe Jamaican curry is specified as it has a distinct taste, texture and flavour separate from other curries. It can be substituted for other curries or even turmeric but be mindful that the flavour may not be the same.



Recipe

Time: 23 minutes

Prep: 7 minutes

Cooking: 16 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Ziplock bag
- Saucepan

Difficulty:



Overall Rating



Ingredients



- 2 lbs of shrimp (peeled & de-veined)
- 3 sprigs of thyme
- $\frac{3}{4}$ teaspoon of salt
- $\frac{3}{4}$ teaspoon of black pepper
- 3 tablespoons of Jamaican curry powder
- 3 tablespoons of butter or oil
- 1 large tomato, diced
- 3 Tablespoon of coconut milk
- $\frac{1}{2}$ cup of water
- 1 onion, chopped
- 1 Green bell pepper, julienned
- 1 Red bell pepper, julienned
- 3 cloves of garlic, crushed
- 3 blades of escallion, chopped
- 2 tablespoons of cornstarch

Directions



- 1) Wash the shrimp with vinegar and water (If frozen, thaw the shrimp. Add to a contain and run cold water on it for 5 minutes)
- 2) Season the shrimp with curry, black pepper and salt. Set aside shrimp in a covered container or a ziplock bag so it marinates.
- 3) Warm the oil or butter in a saucepan on medium-high heat. Sauté sliced seasonings (onion, Green bell pepper, Red bell pepper, cloves garlic, tomato diced, sprigs of thyme) in oil or butter.
- 4) Add the shrimps to the saucepan toss with sautéed seasonings. Add coconut milk and stir.
- 5) Cook for 8 minutes or until the shrimp is pink.
- 6) Mix cornstarch and water. Add the mixture to the shrimp, stirring to incorporate. If the shrimp looks a little pale add more curry.
- 7) Cook for 5 minutes.
- 8) Season with more salt & pepper if needed. Remove from fire.
- 9) Serve immediately.

ESCOVEITCH FISH



This recipe is absolutely splendid. The fish is the perfect combination of spicy, crunchy and tangy with a hint of sweetness that just puts it over the top. Serve this at dinner, lunch or any social gathering and you are guaranteed to hear "My compliments to the chef!". It is best to let the fish marinate overnight so that the seasoning is well soaked, but if you prefer the marination period can be reduced significantly. Bear in mind that you will not achieve the same taste and flavour. Cooking the Escoveitch dressing in the same pot that the fish has been fried in ensures that the pieces of fish stuck to the bottom during frying are mixed into the sauce.

Recipe

Time:

8 hours 35 minutes

Prep: 8 hours

Cooking: 35 minutes

Utensils



- Measuring cup
- Measuring spoons
- Bowl
- Paper towel
- Wooden spoon
- Skillet
- Gravy boat
- Platter

Difficulty



Overall Rating



Ingredients



- 4 whole red snappers, cleaned and scaled
- Salt and pepper, as per taste
- Oil for cooking
- 1 carrot, julienned
- 1 onion, sliced in rings
- ½ each, green and red bell pepper, julienned
- 2/3 cup of vinegar
- 10 pimento seeds
- ½ teaspoon of salt
- 4 teaspoons of sugar (optional)
- 1 teaspoon of hot pepper sauce
- ½ scotch bonnet pepper, de-seeded and chopped

Directions



- 1) Season fish with salt and pepper well. Leave fish to marinate in the refrigerator overnight.
- 2) Remove fish from the refrigerator. And dry using a paper towel. Heat oil in a skillet.
- 3) Place the fish in the skillet and fry for 4–5 minutes on each side.
- 4) Once the fishes are well fried, remove them from the oil and place them on paper to towels to drain.
- 5) Pour some oil into the same skillet used to fry the fish and mix with the vinegar in it. Place it over medium flame and let it boil.
- 6) Add the carrots and pimento seeds. Cook over reduced flame for a couple of minutes.
- 7) Mix in the bell peppers and onion. Continue to cook them over low heat until onions turn translucent.
- 8) Stir in the bonnet pepper and mix until the sauce is well incorporated. Remove from heat and pour into a gravy boat
- 9) Arrange fish on a platter and pour the prepared dressing over it. Serve at once.

FRIED CHICKEN



Highly spiced, decadently tender, crispy, golden brown deliciousness— that's what you get when you sample this fried chicken done in the Jamaican style. It's bad to the bone. This recipe is guaranteed to please any chicken lover who likes their meat, crunchy, spicy and oh so delicious. The chicken can alternately be fried in a deep fryer or air fryer. A word of caution though; the total time the chicken may take to be fried using the above mentioned equipment may change.

Recipe

Time:

3 hours 5 minutes

Prep:

2 hours 5 minutes

Cooking: 1 hour

Utensils

- Measuring cups
- Measuring spoons
- Large bowl
- Heavy bottom skillet
- Large skillet
- Absorbent paper

Difficulty:



Overall Rating:



Ingredients

- 2 lbs of chicken pieces
- 1/4 cup of white vinegar
- 5 cups of water
- 2 stalks of scallion, chopped
- 1 medium onion, chopped
- 4 cloves of garlic, chopped
- 1 scotch bonnet pepper, chopped
- 2 sprigs of thyme
- 1/2 teaspoon of salt
- 1 tablespoon of All purpose seasoning
- 1 tablespoon of chicken seasoning
- 2 cups of vegetable oil
- 1/2 cup of flour
- 1 teaspoon of 2 pimento seeds, crushed
- 1/2 teaspoon of ginger powder
- 1 teaspoon of baking powder
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon of salt

Directions

- 1) Clean chicken in a mixture of white vinegar and 4 cups water.
- 2) Blend the next eight ingredients with the remaining 1 cup water. Pour the marinade over the chicken, rub in and leave chicken to marinate for 2 hours.
- 3) Place chicken pieces along with the marinade in a heated heavy bottom skillet. Cover and simmer over medium heat for 30 minutes.
- 4) Combine flour, baking powder, black pepper, pimento, ginger and garlic Seasoning and salt in a bowl and mix well.
- 5) Remove skillet from flame; drain chicken pieces from the seasoned liquid and coat in the flour mixture.
- 6) Heat vegetable oil in a skillet and use to fry the coated chicken pieces until golden brown; drain on absorbent paper.
- 7) Serve immediately.

FRIED FISH



If you're interested in a fried fish made from a basic recipe that you can tweak to your liking, then look no further; this recipe is perfect. The fish is perfection personified with its crisp, spicy outer shell and the soft decadence of the meat that virtually melts in your mouth. Traditionally, fried fish is served with fried bammy or festivals, but it can be had with whatever and however you want. Any fish can be used with this recipe, but in Jamaica, Snapper and Parrot fish are used customarily. If these fish are not on hand you may substitute them for a fish that holds up well during frying.



Recipe

Time: 25 minutes

Prep: 10 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Paper towel
- Skillet

Difficulty:



Overall Rating:



Ingredients



- 2 pounds of Snapper Fish, cleaned and scaled
- 1/4 cup of Grace White Vinegar
- 4 cups of water
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/2 teaspoon of All purpose seasoning
- 1/2 teaspoon of Fish seasoning
- 2 cloves of garlic, crushed
- 1 cup of Grace Vegetable Oil

Directions



- 1) Wash the fish in a mixture of vinegar and water. Pat dry with paper towel.
- 2) Combine salt, black pepper, all purpose seasoning and fish seasoning in a bowl and use to season the fish. Cover and allow to marinate overnight.
- 3) Heat skillet over medium flame and add vegetable oil. Add crushed garlic, onion, thyme, pimento seeds and Scotch Bonnet pepper. Fry to release flavour. Remove seasonings from oil.
- 4) Add fish to the seasoned oil and fry until lightly browned on both sides; drain on absorbent paper.

JERK CHICKEN



This recipe offers a deliciously simple version of Jamaican style jerk chicken. The chicken is super tender, spicy, flavourful and will quickly become a dinner favourite. Whole chicken pieces are best suited for jerking chicken to prevent the chicken from drying out. Do not remove the skin from the chicken before jerking as it adds flavour to the meat. The barbecue grill must have a lid as it gives the meat that nice smoky flavour. If you don't have any pimento branches at hand use another aromatic wood.

Recipe



Time:

11 hours 45 minutes

Prep: 8 hours

Cooking:

3 hours 45 minutes

Utensils



- Measuring spoons
- Large bowl
- Ziplock bag
- Barbecue grill

Difficulty:



Overall Rating:



Ingredients



- 4 lbs. Chicken
- 2 teaspoons of All purpose seasoning
- 2 teaspoons of Chicken seasoning
- 10–12 tablespoons Jerk Seasoning/Marinade
- Lemon/Lime juice or Vinegar
- 1 Scotch Bonnet pepper, minced
- 2 teaspoons Garlic powder
- 1 teaspoon of black pepper
- 1 teaspoon of Paprika
- 1 teaspoon of ginger powder
- 2 Tablespoons Dry Jerk Seasoning
- 2 tablespoon of hot pepper sauce

Directions



- 1) Clean and wash the chicken with lime/lemon juice or vinegar. Cut chicken into quarters.
- 2) Pour the Jerk Seasoning/Marinade in a bowl. Add garlic, paprika, all purpose seasoning, chicken seasoning, dry Jerk Seasoning, hot pepper sauce, scotch bonnet pepper and ginger powder. Stir the ingredients to incorporate.
- 3) Rub the chicken with the Jerk Seasoning/Marinade. Be sure to rub under skin and in cavities.
- 4) Marinate chicken overnight in a ziplock bag. Pour any leftover seasoning in the ziplock bag and place in the refrigerator.
- 5) Preheat oven to 200°F & precook the chicken for 30–45 minutes.
- 6) Light the coal and a few pimento branches in the barbecue grill.
- 7) Move the chicken to the barbecue grill when the fire is at its lowest. Cover the barbecue grill with the lid. Grill the chicken over the low flame for 2–3 hours until done.
- 8) Chop meat into pieces, and serve.

JERK PORK



There's just something inexplicably unique about Jamaican jerk. Whether it be Jerk chicken, rabbit, goat or pork. Jamaicans can jerk em all in a simply astonishing way guaranteed to whet your appetite and tantalize your taste buds. This jerk pork is no exception. Although this recipe utilizes an oven instead of the conventional grill, the results are more and less the same. The flavours, tenderness and juiciness of the pork will resemble that of the customary Jamaican jerk. The only difference you'll notice is that the smoky flavour of the pork normally achieved from jerking in the grill will be absent. If you simply **MUST have that smoky flavour, just substitute the oven for the grill.**

Recipe



Time:

1 day 30 minutes

Prep: 1 day

Cooking: 30 minutes

Utensils



- Measuring spoons
- Large bowl
- Large baking tray

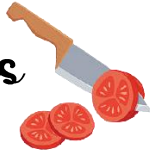
Difficulty:



Overall Rating:



Ingredients



- 3 lbs of Pork loin or Pork chops
- 3 tablespoons of Jerk Seasoning
- 2 tablespoons of tomato ketchup
- 1 teaspoon of garlic, chopped
- 1 teaspoon of thyme, chopped
- 1/2 teaspoon of salt
- 1/2 teaspoon of Pork seasoning
- 1 teaspoon of black pepper
- 2 tablespoon of soy sauce
- 3 tablespoon of vegetable oil
- 1/2 teaspoon of Jerk seasoning (dry)
- 1/2 teaspoon of All purpose seasoning

Directions



- 1) Combine all ingredients together in a bowl, mix well and let marinate in the refrigerator for 4 to 24 hours for best results.
- 2) Cook pork in oven at 375°F for 30 minutes, turning once.

MACKEREL RUNDOWN



This is a delightfully cosy meal that brings a myriad of flavours with each spoonful. Don't be surprised at the richness and creaminess of the Mackerel rundown as is customary of many Jamaican dishes. Your quest for the right Mackerel Rundown dish ends here as the one included in this book will no doubt meet all your expectations. If you don't particularly like the salted mackerel, mackerels in tomato sauce can be used. Just be sure to rid the mackerel of the sauce and add it after the coconut milk and seasonings have simmered. Stir to incorporate.

Recipe



Time: 50 minutes

Prep: 40 minutes

Cooking: 10 minutes

Ingredients



- 2 Lbs of Salted Mackerel
- 1 Medium Onion Cut thick horizontally
- 2 Small tomatoes, diced
- ½ of a green, yellow and orange Sweet pepper, cut into chunks
- 2 cloves of garlic, minced
- 1 Scotch Bonnet Pepper, minced
- 2–3 Sprigs of fresh thyme leaves
- 1/4 teaspoon of Black Pepper
- 1 cup of Coconut Milk
- 3 tablespoons of Oil

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Saucepan
- Large skillet

Directions



- 1) Wash excess salt off mackerel. Place in a medium pot with enough water to cover it.
- 2) Bring to a boil and continue boiling for 20 minutes. Change water and boil another 15 minutes.
- 3) Rinse in cold water. When cool enough, pick mackerel into small pieces and place in a bowl removing bones and inedible parts.
- 4) Cut up seasonings. Mix coconut milk if using powder and set aside.
- 5) Heat medium to large skillet on medium heat. Add oil and heat a little. Add seasonings and sauté around 1 minute.
- 6) Add mackerel and coconut milk to pot. Stir and simmer about 5 minutes. Remove from heat and serve

Difficulty:



Overall Rating:



OXTAIL AND BROADBEANS



A wonderful recipe for those who like meat; the meal is hearty and flavourful and is guaranteed to shake things up at any dinner or social gathering. The Jamaican iteration of Oxtail is punctuated by broad beans and the universal Jamaican provisions: Scotch Bonnet pepper and pimento. The oxtail pieces are extremely tender and comes together magnificently with the vegetables and the thick gravy that encoats them. Level up the recipe by adding a helping of mixed frozen vegetables 3 minutes before the butter beans are added. To lessen cooking time for the oxtail a pressure cooker may be used alternatively. Be mindful however that this will affect the total time taken for the recipe.

Recipe



Time:

3 hours 50 minutes

Prep: 20 minutes

Cooking:

3 hours 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Saucepan
- Absorbent paper
- Heavy bottom pot
- Knife

Difficulty:



Overall Rating:



Ingredients



- 3 pounds of oxtail, cut into bite sized pieces
- 2 medium onions, chopped
- 4 medium carrots, chopped
- 1 clove of garlic, minced
- 1 medium sized tomato, chopped
- 4 teaspoons of cornflour
- 1 teaspoon of salt
- 2 tablespoons of All purpose seasoning
- 2 tablespoons of black pepper
- 1/4 cup of Vegetable Oil
- 4 rashers of Streaky Bacon
- 8 cups of hot water
- 2 stalks of scallion, chopped
- 1 sprig of thyme
- 2 cans of Butter Beans

Directions



- 1) Trim away excess fat and place oxtail pieces in boiling water for 2–3 minutes to scald. Dry well on absorbent paper and coat with cornflour. Sprinkle with salt, All purpose seasoning and black pepper.
- 2) Heat oil in a heavy bottom pot and brown oxtail on both sides; pour off excess oil.
- 3) Dice bacon and fry for a few minutes.
- 4) Return oxtail to pot with bacon along with carrot, onion, garlic, tomatoes and hot water.
- 5) Cover and simmer gently for 3 hours or until oxtail is almost tender.
- 6) Add more liquid, if necessary, and correct seasoning.
- 7) Cover and simmer for a final 20–30 minutes.
- 8) Add the butter beans and allow to heat through. Remove from fire and serve immediately.

SALTFISH AND BAKED BEANS



This recipe for Saltfish and Baked beans is so easy to prepare for a quick, effortless dinner that will be gobbled up by the entire family or social company. There is a unique flavour to this dish, being relatively sweet, salty and savoury at the same time. None of these flavours overpower each other but blend tighter in a complimentary way like most Jamaican foods. Saltfish can be subbed for alternative source of protein such as sausages or you may mix them together. Either way, bon appetite!

Recipe



Time: 34 minutes

Prep: 32 minutes

Cooking: 2 minutes

Utensils



- Measuring cup
- Measuring spoons
- Knife
- Cutting board
- Frying pan
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 1/4 pound of saltfish
- 4 cups of water
- 3 medium plum tomatoes, chopped
- 1 medium onion, sliced
- 1 Scotch Bonnet pepper, minced
- 2 stalks of scallion, chopped
- 3 tablespoons of Vegetable Oil
- 1 small sweet pepper, sliced
- 1 sprig of thyme
- 1 can of Baked Beans
- 1/2 teaspoon of black pepper

Directions



- 1) Boil saltfish in 4 cups water for 30 minutes or soak overnight, flake in small pieces and remove all bones.
- 2) Heat oil in a frying pan, sauté seasonings and vegetables for about 1 minute then add the flaked saltfish, baked beans and black pepper.
- 3) Stir well and cook for a further 1 minute.

STEAMED CABBAGE AND CORNED BEEF



Cabbage and Corned Beef is sure to be a hit at the breakfast, lunch or dinner table. It's a simple recipe, relatively easy to prepare and even easier to gobble down. The cabbage has a nice crunch and is perfectly complimented by the savoury flavour of the corned beef. It's not often you'll find a recipe that is simple, easy to prepare and tastes delicious.

Recipe

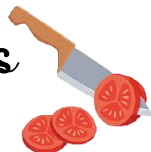


Time: 20 minutes

Prep: 10 minutes

Cooking: 10 minutes

Ingredients



- 1 small can of Corned Beef
- 1 clove of garlic, minced
- 1/ medium sized Green Bell Pepper, sliced
- 1 sprig of fresh thyme
- 1/2 of a small Onion sliced horizontally
- 1 Scotch Bonnet Pepper, minced
- 1 Cabbage, shredded
- 1/8 cup of Sweet corn
- 1/8 cup of frozen Green Peas
- Dash of Black Pepper
- 1 Tablespoon of oil

Utensils



- Measuring cups
- Measuring spoon
- Fork
- skillet

Directions



- 1) Open can of corned beef and crush with a fork on a plate.
- 2) Heat a medium skillet on medium heat, add oil and heat 1 minute.
- 3) Add all vegetables and other ingredients except corned beef and sauté for about 2 minutes. The time can be adjusted, depending on how you like your cabbage. A shorter time means that the cabbage will have more crunch.
- 4) Add corned beef, stir & cook about another 2 minutes.
- 5) Remove from heat and serve hot.

Difficulty:



Overall Rating:



STEAMED FISH AND OKRA



A lot can be said about this dish, but, in particular the intense flavour, aroma and nutritive value of this meal must be lauded. The fish which is steamed to perfection is positively tender and succulent and pairs extremely well with the stock in which it has been simmered in. No fish stock? You can sub in a fish tea soup mix boiled in water.

Recipe



Time: 30 minutes

Prep: 5 minutes

Cooking: 25 minutes

Utensils



- Measuring cup
- Measuring spoons
- Large skillet
- Ladle

Difficulty:



Overall Rating:



Ingredients



- 2 cups of fish stock
- 1 medium Irish potato, diced
- ¼ of a small pumpkin, diced
- 4 medium okras, sliced
- 1 lb of whole snapper, scaled and cleaned
- 1 tablespoon of Fish seasoning
- 1 tablespoon of All purpose seasoning
- 1 medium tomato, diced
- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 2 stalks of scallion, chopped
- 1 sprig of thyme
- 1 whole scotch bonnet pepper
- 10 whole crackers
- 1 teaspoon of black Pepper
- 1 Scotch Bonnet pepper, chopped

Directions



- 1) Pour fish stock in a large skillet and bring to a boil. Add Irish potato, pumpkin and okra; cover and leave to simmer for 10 minutes.
- 2) Slit fish on both sides, season with all purpose and fish seasoning then stuff the cavity with half of the vegetables and seasonings (tomato, black pepper, scotch bonnet pepper, onion, garlic and scallion). Sprinkle with the remaining black pepper.
- 3) Place fish into the boiling fish stock and add the remaining garlic, tomato, onion, scallion, scotch bonnet pepper, thyme and a whole scotch bonnet pepper.
- 4) Spoon stock over the fish, cover and steam over medium flame for 10 minutes.

STEWED BEEF



This stewed beef recipe hits the nail on the head for those meat lovers who love chowing down on full bodied, thick, flavourful stew. The beef is tender, well-seasoned and is coated in a thick, spicy gravy provides that extra ‘umphhmm’ to the recipe. Turn things up a notch by adding a handful of frozen veggies into the mix and savour the crunch they offer. This stew beef is thoroughly enjoyed with a serving of steamed rice, Rice and peas or your favourite boiled provisions. The spice and salt levels can be adjusted according to your tastes.

Recipe



Time: 50 minutes

Prep: 20 minutes

Cooking: 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large container

Difficulty:



Overall Rating:



Ingredients



- 1 1/2 lbs of beef (brisket)
- 1 teaspoon of Worcestershire sauce
- 1 teaspoon of soy sauce
- 2 teaspoon of food browning
- 1 teaspoon of hot pepper sauce
- 1 teaspoon of black pepper
- 1 teaspoon of dried thyme
- 1 teaspoon of meat seasoning
- 1 teaspoon of All purpose seasoning
- A few pimento seeds, crushed
- 1 Scotch bonnet pepper, minced
- 3 cloves of garlic, minced
- 1 stalk of escallion, chopped
- 1 medium onion, chopped
- 1 Sweet pepper, sliced
- 1 sprig of fresh thyme
- 3 cups of water
- 2 tablespoons of vegetable oil
- 1 tablespoon of ketchup
- 1 tablespoon of fish and meat sauce

Directions



- 1) In a container, season beef with soy sauce, Worcestershire sauce, food browning, garlic, black pepper, dried thyme, meat seasoning, all purpose seasoning, hot pepper sauce and pimento seeds. Cover and marinate for at least 15 minutes.
- 2) Pour the oil into a medium—size pot then place on high heat. Add the seasoned beef, cover and allow the beef to cook in its own juice.
- 3) When the beef starts to fry, add enough water to cover the beef. Cover and cook beef until partially cooked (keep adding water).
- 4) Add the scallion, fresh thyme, hot pepper, onion and sweet pepper in the pot. Add enough water to cover the beef. Cover pot until beef is fully cooked.
- 5) Taste and add more salt if needed. Add ketchup, fish and meat sauce. Lower heat and simmer until gravy thickens. Remove from heat and serve.

STEWED PEAS



A hearty dish that perfectly combines flavour, spice, bold seasonings and tender cooked meat— this dish is wonderfully aromatic and filled with goodies. The peas and beef are meltingly tender and enveloped in a rich thick sauce. It is not necessary to use the flour and water mixture to thicken the stew, this is only done to reduce the stewing time, alternatively, just omit this step and wait until the stew thickens by itself. If you plan to omit this step, be aware that that will affect the cooking time. Enjoy with a fluffy bed of steamed white rice.

Recipe

Time:

1 hour 20 minutes

Prep: 5 minutes

Cooking:

1 hour 15 minutes

Utensils



- Measuring cups
- Sauce pan
- Spoon

Difficulty:



Overall Rating:



Ingredients



- 2 cups of red peas
- 1 lb of stew beef (you also can use pigstail if you like)
- 1 scotch bonnet pepper, minced
- 2 stalks of escallion
- 3 sprigs of thyme
- 2 cups of coconut milk
- 6 pimento seeds
- 3 cloves of garlic, minced
- salt and pepper to taste

Directions



- 1) Boil and drain beef twice, in a medium size pan.
- 2) Place peas, meat and garlic together in the pan, boil until peas are tender, about 1 ½ hour.
- 3) Add coconut milk and seasoning, cook for about an hour.
- 4) Season to taste.
- 5) Thicken the mix with 3 tablespoons of flour combined with 1/4 cup water. Strain the mixture into the stew.
- 6) Boil until it thickens. Serve with rice

STEWED PORK



If you like Stewed Beef, you will love this recipe for Stewed Pork. This recipe delivers a Stewed Pork that is juicy, extremely tender and delicious. This will quickly become your go-to recipe for Stewed Pork. All of the wonderful flavours combined with delectable pieces of succulent pork makes for a scrumptious dish. Serve it hot with a warm bed of steamed white rice or a side of Rice and Peas for a crowd-pleasing dinner or lunch. It is guaranteed to be the biggest hit of the afternoon or night.

Recipe



Time: 50 minutes

Prep: 15 minutes

Cooking: 35 minutes

Utensils



- Measuring spoons
- Measuring cup
- Large bowl
- Dutch pot
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 2 lbs of pork (I used the ribs), cleaned, washed and cut into medium pieces
- 1 teaspoon of salt
- 1 teaspoon of All-purpose seasoning
- 1 teaspoon of jerk seasoning
- 1 teaspoon of black pepper
- 1 teaspoon of Meat and fish sauce
- 2 teaspoon of food browning
- Few pimento seeds, crushed
- A small piece of ginger, crushed
- 2 cups of water
- 1 tablespoon of ketchup
- 2 teaspoon of vegetable oil
- 1 sprig of thyme
- 1 stalk of escallion, finely chopped
- 1 Scotch Bonnet pepper, finely chopped
- 1 clove of garlic, finely chopped
- 1 small sweet pepper, finely chopped
- 1 small onion, finely chopped

Directions



- 1) Season meat with all ingredients, except for oil, water, ketchup and fish and meat sauce. Marinate for at least 15 minutes before cooking.
- 2) Put a Dutch pot on high heat, add the vegetable oil. Put seasoned meat into the hot oil. Cover pot and let the meat cook. Cook the meat in its juices for at least 10–15 minutes.
- 3) When the juice dissolves, add two cups of water. Cover pot and let the pork cook. The pork is very soft.
- 4) Taste and add more salt if needed. Add the ketchup and the fish and meat sauce. Cover pot and simmer over medium heat until gravy thickens. Remove from heat and serve.

SWEET AND SOUR CHICKEN



There's just something captivatingly satisfying about how the sticky, sweet and sour sauce complements the crispy tender chunks of chicken. Sweet, sour and slightly salty, this dish has many contrasting flavours yet it still ends up harmoniously synchronized—the sweet and tangy hitting first, followed by a mellowing savouriness. This simple take-out menu option is decadent enough to grace enough the most sophisticated of dinner tables. Follow the recipe to the letter and marvel at how simplicity can be utterly delicious.

Recipe

Time: 40 minutes

Prep: 10 minutes

Cooking:

30 minutes

Utensils

- Measuring cups
- Measuring spoons
- 2 Medium bowl
- Large fork
- Large frying pan
- Paper towel
- Medium sized sauce pan

Difficulty:



Overall Rating:



Ingredients

- 2 large skinless chicken thighs deboned and sliced into 2-inch chunks
- 1 egg or 2 egg whites, whisked (for deep-frying the chicken)
- 1/2 tablespoon of salt
- 1/4 teaspoon of allspice powder
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of ginger powder
- 1/2 teaspoon of dried thyme leaves
- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- 1 teaspoon of hot pepper sauce
- 1 cup of cooking oil 3/4 cup flour all purpose
- 1/2 tablespoon of baking powder
- 1 tablespoon of cooking oil
- 1/4 of a medium red bell pepper chopped into 1-inch chunks
- 1/4 of a medium green bell pepper chopped into 1-inch chunks
- 1/2 of a medium onion chopped into 1-inch chunks
- 1/2 inch of ginger, crushed
- 1/2 teaspoon of ginger powder
- 1/2 cup of pineapple chunks
- 1/4 cup of pineapple juice
- 1 tablespoon of honey or brown sugar
- 1 cup of ketchup
- 1 tablespoon of white vinegar
- 3/4 – 1 cup of water

Directions

- 1) In a medium bowl season chicken with salt, black pepper, garlic powder, onion powder, thyme, ginger powder, and allspice. Pour the whisked egg on seasoned chicken and combine.
- 2) In another medium bowl, combine the flour and baking powder. Add the chicken pieces to the flour mixture and toss until all the pieces are completely coated.
- 3) Add vegetable oil to a large frying pan on medium-high heat. Add the pieces of chicken and fry for 5–6 minutes until all sides are golden brown.
- 4) Remove from pan and drain on paper towels.
- 5) In a medium-sized saucepan, heat the oil on medium-high heat. Add the peppers, onion, ginger and pineapple chunks. Sauté for 2 – 3 minutes. Add the honey and ginger powder, stir for 30 seconds. Add the ketchup, water, and vinegar, stir for another 30 seconds. Cover the pot, reduce heat to low, then let the sauce cook for 1 – 2 minutes until it has a 'syrup-like' consistency. Taste the sauce, adjust per your taste. Toss the fried chicken pieces in the sauce quickly until all the pieces are coated. Serve immediately.

SWEET AND SOUR FISH



This recipe is a head spinner. It is the embodiment of a perfect culinary marriage of meat, sweet and heat. What's better for dinner than tender fish fillets coated in thick savoury sauce that is not only sweet but utterly tangy? The sweet and sour sauce is wonderfully balanced and perfectly complements the soft decadence of the fish fillet.

Recipe

Time: 1 hour

Prep: 40 minutes

Cooking: 20 minutes

Utensils

- Measuring cups
- Measuring spoons
- Large bowl
- Whisk
- Medium skillet
- Paper towels
- Medium sized bowl
- Sauce pan

Difficulty:



Overall Rating:



Ingredients

- 2 lbs of Fish Fillets, cubed
- 1/2 tablespoon of fish seasoning
- 1/2 tablespoon of All purpose seasoning
- 2 sprigs of thyme
- 1 medium onion, chopped
- 1 teaspoon of black pepper
- 1 teaspoon of allspice/pimento
- 3 cloves of garlic, minced
- 1 teaspoon of salt
- 1 large egg white
- 1 small onion, cubed
- 2 cups of flour
- 1 tablespoon of garlic salt
- 2 tablespoons of soy sauce
- 4 tablespoons of ketchup
- 1/4 of a small red, green and yellow Bell pepper
- 1/4 cup of pineapple chunks
- 1/4 cup of pineapple juice
- 4 tablespoons of white vinegar
- 4 tablespoons of brown sugar
- 1 tablespoon of cornstarch mixed with 2 tablespoons water

Directions

- 1) Wash the fish cubes with vinegar. Season with onion, thyme, black pepper, salt, allspice/pimento, fish seasoning, and garlic
- 2) Set aside at room temperature for 1/2 hour to marinate.
- 3) Beat egg and set aside.
- 4) Mix garlic salt and all-purpose seasoning with flour.
- 5) Dip fish cubes in egg and then batter in the flour
- 6) In a medium skillet, heat the oil and fry the fish until brown. Remove from the skillet, drain on paper towels and set aside.
- 7) Combine ketchup, soy sauce, sugar, vinegar, pineapple juice, pineapple chunks, onion cubes and bell pepper cubes.
- 8) Bring the sweet and sour mixture to a boil then add the corn starch mixture to thicken. Place fried fish pieces in the sauce.
- 9) Cover the pot and let simmer for 10 minutes

TRIPLE AND BEANS



Not only is this dish simply marvellous for those who enjoy eating the offal's of animals, but it is also a great introductory meal for those who haven't had the pleasure of eating 'tripe', especially when seasoned and prepared the Jamaican way. Don't let the idea of ingesting cow intestines scare you from trying this delicious recipe; or, you'll be missing out on soft, chewy meat, enveloped in a flavourful gravy which has the perfect balance of spicy savoury further enhanced by the addition of butter beans. Your senses will experience a delightful confusion as you gobble down every last morsel of this delicious meal.

Recipe



Time:

1 hour 50 minutes

Prep:

1 hour 3 minutes

Cooking: 47 minutes

Utensils



- Measuring cups
- Measuring spoon
- Large bowl
- Saucepan
- Wooden spoon
- Pressure cooker

Difficulty:



Overall Rating:



Ingredients



- 3 pounds of cow tripe
- 1/2 cup of white vinegar
- 4 cups of water
- 2 tablespoons of All purpose seasoning
- 2 tablespoons of curry powder
- 1 Scotch Bonnet pepper, chopped
- 2 stalks of escallion, chopped
- 2 tablespoons of ginger, chopped
- 1 tablespoon of pimento berries, crushed
- 1 large onion, chopped
- 4 cloves of garlic, crushed
- 2 teaspoons of salt
- 1 teaspoon of black pepper
- 1/4 cup of vegetable oil
- 8 cups of water
- 1 cup of coconut milk
- 1/4 cup of tomatoes, chopped
- 1/4 cup of green sweet pepper, chopped
- 1 can of Butter Beans

Directions



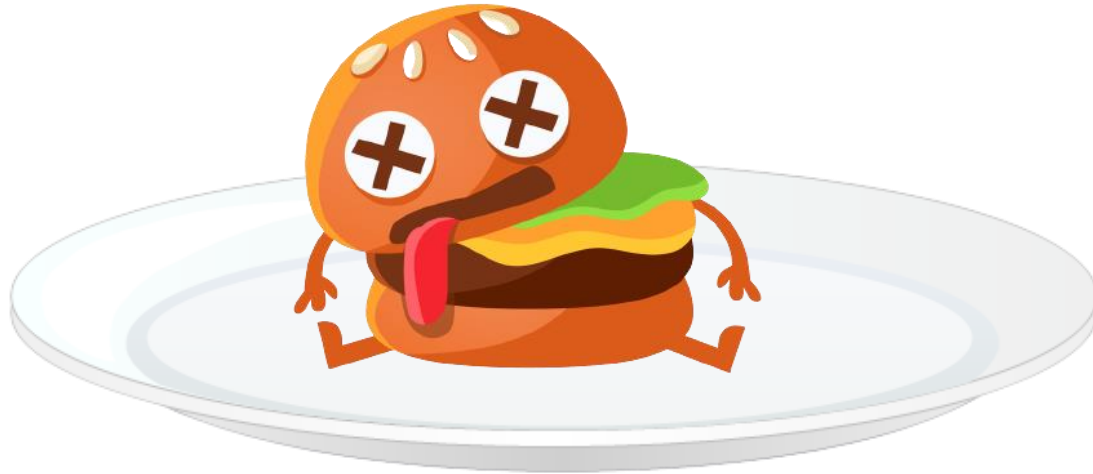
- 1) Clean and wash the tripe in a mixture of white vinegar and water.
- 2) Bring to boil 4 cups water, add tripe and scald for about two minutes, discard water when finished.
- 3) Season tripe with 2 tablespoons of All purpose seasoning, 1 tablespoon curry powder, 1 tablespoon scotch bonnet pepper, 1 stalk of escallion, 1 tablespoon ginger, pimento berries, onion, garlic, salt, and black pepper and rub in the seasonings allowing it to marinate for 1 hour.
- 4) Heat vegetable oil and add the remainder of scotch bonnet pepper, curry powder and ginger and allow to burn to develop flavour.
- 5) Add the seasoned tripe and stir well.
- 6) Add 8 cups water, cover and seal the pressure cooker and bring to a boil.
- 7) Allow to pressure cook for about 35 minutes or until the tripe becomes tender.
- 8) Turn off the flame and allow pressure cooker to cool fully before opening.
- 9) Return to flame, add coconut milk, tomatoes, green sweet pepper and the butter beans, stir and allow to simmer for about 10 minutes.



SIDE DISHES AND SALADS



Another one bites the crust



No Jamaican breakfast, dinner or lunch is complete without the addition of Jamaica's favourite side dishes. For our sides we prefer breadfruits, plantains, festivals or bammies fried until golden brown and crispy; nestled snugly against the protein(s) of choice. As was stated previously starches are most prevalently accompaniments for the main dish, the ones stated above can be referred to as the 'sides for the side dishes'. They are often had in conjunction with heavier side dishes made from cornmeal or with mounds of fluffy, steamed white rice, that may have been sullied (meant in the nicest way possible) by the addition of creamy coconut milk, herbs, aromatics, vegetables, peas and dare I say..... chunks of seasoned, marinated meat and seafood drizzled in melted margarine and sautéed until golden. The vegetables, meat and seafood used although some may not have been originally grown on the island before being brought in the era of European colonisation, are locally grown. It all depends on the type of rice side dish you prefer and the protein(s) to be had or served. These additions impart crunch, vibrant colours, contrasting flavours and textures to the rice.

For those special occasions, Jamaicans will gorge themselves on healthier options of Roasted Yam or Roasted Breadfruit which are typically consumed with specific proteins. These dishes draw inspiration from the African method of roasting and fed many a slave on Jamaica's sugar plantations during times of famine or when the rations issued by plantation owners were sparingly meagre. Harvested from marginal land plots given to them by slave owners, the enslaved roasted them in earthen fireplaces or over open flames sparked from wood collected from nearby forests.

With the popularity of rice as a principal food for islanders, one without much knowledge of Jamaica's history would never know, that this staple was not originally grown on the island but was instead brought Asia when the Chinese and Indian labourers were imported to Jamaica in the 1800's following the Emancipation of the enslaved Africans. This is also the case for other Jamaican starches and vegetables such pumpkin, yam, and breadfruit.

No matter what the side, you'll find yourself nibbling and munching until bit by bit you'll become transfixed by their deep flavours, rich textures and tantalizing embrace. These side dishes are the perfect adhesive to hold a successful dinner, lunch or breakfast together.

"The secret of success in life is to eat what you like and let the food fight it out inside."

Mark Twain

BAMMY



For many, in other parts of the world the cassava is only eaten when boiled or not eaten all. But, in Jamaica the island natives have found an interesting way to prepare the cassava into a flat, soft, delicious bread that can be eaten with any protein or vegetable. Soak them in milk and fry them up for a delicious treat and escape from the monotonous rice or boiled ground provisions. A muslin cloth is a fine delicately woven cotton fabric often used to extract the juice from food stuff.

Recipe



Time:

1 hour 15 minutes

Prep: 35 minutes

Cooking: 40 minutes

Utensils



- Knife
- Grater
- Measuring spoon
- Measuring cups
- Bammy griddle/
frying pan
- Deep bowl
- skillet

Difficulty:



Overall Rating:



Ingredients



To make bammies from scratch

- 2 pounds of cassava
- 1 teaspoon of salt

Frying bammies

- 3 large bammies.
- 2 cups of milk
- ½ cup of oil

Directions



- 1) Peel and grate cassava. Place it in a muslin cloth, wring out and discard the juice. Add salt to the cassava flour and mix together.
- 2) Heat bammy griddle or fry pan over moderate heat. Place about 1 cup of the mixture in a bammy ring on the heated griddle or on a greased shallow frying pan. Press down on the mixture to flatten. A regular bammy should be at least (6") or 15 cm in diameter, or made according to desired size.
- 3) When the edges shrink slightly from the side of the pan, turn over and cook the other side. Each bammy should cook in 10 minutes. Repeat the process until all the bammies are made.

Frying bammies

- 1) Cut Each Bammy in 2 Halves. You should have 8 pieces of bammy.
- 2) Place bammy into a deep bowl and pour the milk onto the pieces of bammy covering them. Soak for 10–15 minutes.
- 3) Place a skillet on the stove, add oil and heat over high heat.
- 4) Drain excess milk from each piece of bammy and place in the pot. Fry 5 minutes on both sides until golden brown. Remove and drain on the paper towel. Serve Hot.

FESTIVAL



The physical embodiment of Jamaican street food at its best, these festivals are soft, chewy and have a crisp golden—brown body. This is every foodie's dream, with the heavenly tasting festivals, being spiced and fried to perfection. Comfort food at its best. In order to make a lighter version of these festivals, reduce the quantity of cornmeal to 3 tablespoons and adjust the amount of water used for binding the dough. The egg is optional and can be removed from the recipe.

Recipe

Time: 40 minutes

Prep: 15 minutes

Cooking: 25 minutes

Utensils

- Measuring cups
- Measuring spoons
- Large bowl
- Sauce pan

Difficulty:



Overall Rating:



Ingredients

- 1 ½ cups of all-purpose Flour
- ½ cup of cornmeal
- 3 tablespoons of sugar
- 2 teaspoons of baking powder
- ½ teaspoon of salt
- 1 egg, beaten (optional)
- ½ teaspoon of vanilla
- Cold Water, for kneading the dough
- Oil, for deep-frying the dumplings

Directions

- 1) Take a large mixing bowl and combine the all-purpose flour with the cornmeal.
- 2) Add some sugar along with baking powder and salt. Mix well to combine.
- 3) Beat an egg in this mixture and add vanilla to it. Mix them well together.
- 4) Pour in some water and knead dough till it becomes smooth, while adding small amounts of water as necessary.
- 5) Divide the dough in 6 equal sized pieces and prepare dumplings out of it shaping them lengthwise.
- 6) Place a pan over medium flame and heat some oil in it, sufficient enough to deep-fry the dumplings.
- 7) Once the oil becomes hot enough, put the dumplings in the pan, one after the other, and let them fry over reduced heat.
- 8) Keep stirring them occasionally to ensure they are cooked from all the sides and have turned brown enough. It is ok for them to expand a bit while they are being cooked.
- 9) Serve them hot with a side of your choice.

FRIED BREADFRUIT AND FRIED PLANTAIN



This recipe is the Jamaican take on fried vegetable and fruit crisps. The breadfruit slices can be eaten on any occasion: for breakfast with Ackee and Saltfish, for lunch with Steamed Callaloo and saltfish. Looking to call your friends over for some Netflix and Chill? Serve the breadfruit slices with salsa or guacamole. For dinner serve the fried plantain slices as a side to a plate Rice and Peas and your favourite protein. Feeling fancy? Wrap a few fried sausages in the fried plantain slices and serve as an appetizer at dinner or any social gathering.

Recipe



Time: 30 minutes

Prep: 10 minutes

Cooking: 20 minutes

Ingredients



- A Roasted breadfruit, cut into pegs with the heart removed
- 1 tablespoon of salt
- 1 large ripe plantain, peeled and sliced lengthwise into 1/4 inch slices
- 1 tablespoon cinnamon or nutmeg (optional)
- Enough oil to fry

Utensils



- Knife
- Measuring spoon
- 2 skillets
- Paper towel

Directions



- 1) Pour oil in skillet and heat. Season the oil with the salt.
- 2) Fry pegs till golden brown each side.
- 3) Remove and drain on paper towels.
- 4) Heat skillet filled with just enough oil to cover the 1/4 inch slices.
- 5) Fry plantain slices until golden brown on each side.
- 6) Each slice needs about 45 seconds to a minute to cook.
- 7) Be careful not to burn.
- 8) Place cooked plantain in a dish layered with napkins so as to drain/soak up the oil.
- 9) Sprinkle with cinnamon or nutmeg to taste.

Difficulty:



Overall Rating:



FRIED RICE



Looking for an exciting, filling, flavourful way to jazz up family dinner? Then look no further, this recipe for fried rice is made in a uniquely Jamaican way and is perfect when eaten with any protein done in the Jamaican style. In true Jamaican fashion, this oriental recipe comes alive with the addition of Jamaican seasonings and spices. Enjoy!

Recipe



Time: 37 minutes

Prep: 17 minutes

Cooking: 20 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large
- 2 frying pans
- Large sauce pan
- Large spoon

Difficulty:



Overall Rating:



Ingredients



- 1 pound of shrimp, de-veined and cleaned
- 2 tablespoons of oyster sauce
- 1/4 cup of soy sauce
- 1 tablespoon of All purpose seasoning
- 1 teaspoon of black pepper
- 8 ounces of chicken breast, cut into small strips
- 1 medium onion, chopped
- 1/2 cup of red, green and yellow sweet peppers, julienned
- 1/8 cup of green beans, cooked
- 1/8 cup of green peas
- 1/8 cup of sweet corn, cooked
- 1 tablespoon of chicken seasoning
- 1 Scotch bonnet pepper, chopped
- 1 teaspoon of salt
- 3 tablespoons of vegetable oil
- 1/2 packet of streaky bacon, cubed
- 3 medium eggs
- 1/4 cup of carrot, diced
- 2 pounds of rice, cooked
- 1 tablespoon margarine

Directions



- 1) Place shrimp in a bowl. Season with oyster sauce, all purpose seasoning, 2 tablespoons soy sauce, and black pepper; cover and allow to marinate in the refrigerator for 15 minutes.
- 2) Season chicken with chicken seasoning, onion, red, green and yellow sweet peppers, tomatoes, scotch bonnet pepper and salt.
- 3) Heat a half of the vegetable oil in a frying pan and use to brown the chicken; then add the onion, 1/4 cup sweet peppers, and allow to cook until it becomes a stew.
- 4) In a second frying pan, heat remaining vegetable oil and sauté shrimp for about 2 minutes or until pink in colour.
- 5) Heat a large sauce pan, add bacon and fry until crisp.
- 6) Add eggs and allow to set, then mix well.
- 7) Combine chicken, shrimp, bacon and egg mixture. Mix in the carrot, beans, peas, sweet corn and rice.
- 8) Add margarine and additional soy sauce, if necessary; then lower flame and allow to heat through for 5 minutes.

GUNGO RICE AND PEAS



What has all the qualities of the classic Jamaican Rice and Peas and tastes even better the next day when reheated? – Jamaican Gungo Rice. This dish must last Rice and Peas is an undeniable Jamaican favourite. Have it with any protein of your choice done in the Jamaican way and marvel at the spectacular results. Everyone at the dinner will be calling for seconds and even thirds. The dried gungo beans can be substituted for green gungo peas or even canned gungo, just adjust the cooking time accordingly.

Recipe



Time:

2 hours 5 minutes

Prep: 5 minutes

Cooking: 2 hours

Utensils



- Measuring cups
- Measuring spoons
- Large pot
- Large spoon

Difficulty



Overall Rating



Ingredients



- 1 1/2 cups of dried pigeon peas, soaked overnight and drained
- 2 cups of coconut milk
- 2 cloves of garlic, smashed
- 2 stalks of scallion, chopped
- 1 cup of water
- 1 whole green Scotch Bonnet pepper
- 3 sprigs of fresh thyme
- 2 teaspoon of salt
- 2 cups long grain white rice
- 1 tablespoons of margarine

Directions



- 1) Place gungo peas and garlic in a medium rice pot and cover with cold water. Bring to a boil and cook until the beans are tender, about 1 to 1 1/2 hours.
- 2) Add all ingredients except for rice and bring to a rolling boil.
- 3) Add the rice and stir the pot. Adjust seasoning to taste. Don't burst the pepper! Reduce heat to low, cover and simmer for 15 to 20 minutes or until the water has completely evaporated and the rice is cooked. Serve hot.

JOHNNY CAKES



These Fluffy Johnny cakes, usually eaten for dinner with Ackee and Saltfish or Callaloo and Saltfish are the perfect way to start your day. The golden outer body of the dumplings have just enough crisp to distract from the fact that the inside is soft and fluffy. Serve these for breakfast, lunch or appetizers at dinner with your favourite guacamole or sauce. It is sure to be a hit with people who don't mind a little bit of gluten wrapped in a crispy, golden shell.

Recipe



Time: 35 minutes

Prep: 20 minutes

Cooking: 15 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Medium sized frying pan
- Whisk
- Spoon
- Slotted spoon

Difficulty:



Overall Rating:



Ingredients



- 1 1/2 cups of flour
- 1 teaspoon of sugar
- 2 teaspoons of baking powder
- 1/2 teaspoon of salt
- 1 tablespoon of unsalted butter, cut into 1/2-inch cubes and chilled
- 1/4 cup of milk
- 1/4 cup of water

Directions



- 1) Pour oil into a medium frying pan with depth and heat over medium-high heat until oil is hot.
- 2) In a large bowl, whisk together flour, sugar, baking powder and salt; add butter and using your fingers, rub into flour mixture until pea-size crumbles form.
- 3) Add milk and stir until a stiff, sticky dough forms. Divide dough into about fourteen 2-oz. pieces and roughly shape into balls.
- 4) Working in batches, fry until puffed and golden brown, about 10 minutes. Using a slotted spoon, transfer to paper towels to drain.

RICE AND PEAS



It doesn't get more Jamaican than Rice and Peas. Nicknamed the "Jamaican Coat of Arms", this dish was adopted from the Akan tribe hailing from Ghana and the Ivory Coast of west Africa. Known as 'Waakye' there, the dish of course consists of the usual rice and beans, but is however, unlike the Jamaican version seasoned with Sorghum leaves and baking soda. In Jamaica the dish is prepared differently with the addition of coconut milk, butter, thyme, escallion, garlic, Scotch Bonnet pepper and the all-encompassing pimento spice. In Jamaica this dish is no doubt the most eaten Jamaican food, this meal which traditionally was reserved for Sundays during the days of slavery. It is now eaten every day with any protein for lunch and dinner. It holds centre stage at many events including weddings, funerals and festivals.

Serve this immaculate dish with any protein of your choice cooked in the Jamaican way and a side dish from this recipe book. The only comment you'll hear is; "My compliments to the chef." The red Kidney beans can be substituted for canned ones. Just adjust the cooking time accordingly.

Recipe

Time:

2 hours 5 minutes

Prep: 5 minutes

Cooking: 2 hours

Utensils

- Measuring cups
- Measuring spoons
- Large pot
- Large spoon

Difficulty:



Overall Rating:



Ingredients

- 1 1/2 cups of Red Kidney peas, soaked overnight and drained
- 2 cups of coconut milk
- 2 cloves of garlic, smashed
- 2 stalks of scallion, chopped
- 1 cup of water
- 1 whole green Scotch Bonnet pepper
- 3 sprigs of fresh thyme
- 2 teaspoon of salt
- 2 cups long grain white rice
- 1 tablespoons of margarine

Directions

- 1) Place gungo peas and garlic in a medium rice pot and cover with cold water. Bring to a boil and cook until the beans are tender, about 1 to 1 1/2 hours.
- 2) Add all ingredients except for rice and bring to a rolling boil.
- 3) Add the rice and stir the pot. Adjust seasoning to taste. Don't burst the pepper! Reduce heat to low, cover and simmer for 15 to 20 minutes or until the water has completely evaporated and the rice is cooked. Serve hot.

ROASTED BREADFRUIT AND ROASTED YAM



What's better than roasting the sweet, sweet, Jamaican yellow yam and breadfruit? Absolutely nothing. The Jamaican method of roasting yam and breadfruit is often done outside over a wood fire or on a coal pot. Seeing how it is highly unlikely to roast outdoors at some places, this recipe is done in the oven and on a grill. Although different methods are used, rest assured that you'll still be able to taste the authentic Jamaican flavour.

Recipe



Time:

3 hours 12 minutes

Prep: 12 minutes

Cooking: 3 hours

Ingredients



- 1 Mature Whole Breadfruit
- 4 lbs of yam

Utensils



- Knife
- Grill

Directions



- 1) Preheat oven on 180 degrees Celsius.
- 2) Wash and dry the breadfruit. Remove the stalk and score a X with a knife at the bottom.
- 3) Place the breadfruit in the middle of the oven to roast. The cooking time will vary depending on the size. A whole one should take 1 hr 30 minutes. Once cooked it should be soft and easy to pierce/prick with a knife.
- 4) Remove from oven and allow to cool then cut in half. Scoop out the heart and discard. Peel breadfruit and cut the flesh into slices. Serve immediately.
- 5) Use a brush (or your hands) and wash the dirt of the yellow yam.
- 6) Put whole yellow yam on grill.
- 7) Cook on all sides till brownish black. Use skewers to check if cooked.
- 8) Take yellow yam off grill and cut into pegs. Serve immediately.

Difficulty:



Overall Rating:



SEASONED PUMPKIN RICE



This dish is particularly excellent for more than any one reason. Its savoury, filling, flavourful and incredibly easy to prepare. Serve it up with a protein of your choice for an easy family dinner or date night. Want to step your dinner game up? Make this dish a true one pot meal, by adding a cup of Steamed Cabbage with flaked saltfish and cubed vegetables.

Recipe



Time: 45 minutes

Prep: 5 minutes

Cooking: 40 minutes

Utensils



- Measuring cups
- Measuring spoon
- Large sauce pan

Difficulty:



Overall Rating:



Ingredients



- 2 tablespoons of margarine
- 2 cloves of garlic, chopped
- 1 medium onion, chopped
- 1 stalk of escallion, chopped
- 1/2 lb of pumpkin, cut into cubes with skin on
- 3 1/2 cups of water
- 1 packet of Cock Soup Mix
- 2 cups of rice
- 1 sprig of thyme
- 1 whole scotch bonnet pepper, minced
- 1/2 teaspoon of salt (optional)

Directions



- 1) Heat margarine in a large sauce pan and sauté garlic, onion, escallion and pumpkin for about 3 minutes.
- 2) Add water and Cock Soup Mix, stir well and bring to a boil for 5 minutes.
- 3) Add rice, thyme and scotch bonnet pepper. Adjust salt content if necessary and simmer for 25–30 minutes or until rice is fork tender.
- 4) Remove thyme and, then use a fork to fluff rice. Remove from fire and serve at once.

TURNED CORNMEAL



A classic, Jamaican favourite, this dish is savoury, smooth and well-seasoned. Enjoy with Steamed Fish and Okras or slathered with coconut curry sauce. Yum! Do not add dry cornmeal to the hot liquid mixture. Stir every 10 minutes while it is cooking for the next 30 minutes on low heat to prevent it from forming lumps.

Recipe

Time: 45 minutes

Prep: 5 minutes

Cooking:

40 minutes

Utensils



- Measuring cups
- Measuring spoons
- Small bowl
- Medium pot

Difficulty:



Overall Rating:



Ingredients



- 2 tablespoon of coconut oil or vegetable oil
- 1 small onion, finely chopped
- 2 stalks Green Onion (Scallions), finely chopped
- 1 sprig Thyme
- 1/2 Green Bell Pepper, finely chopped
- 2 cloves of Garlic, minced
- 1/4 teaspoon Allspice
- 1 1/2 cups Yellow Cornmeal
- 1 1/2 cups Water
- 2 cups Coconut Milk
- 1 Teaspoon Salt
- 2 Tablespoon Butter
- 1 Scotch Bonnet Pepper or 1/4 teaspoon Red Pepper Flakes

Directions



- 1) Pour the cornmeal in a small bowl and add the water. Mix with a whisk to make sure the water is incorporated in the cornmeal properly.
- 2) In a medium pot, heat the coconut oil. Add the scallions, bell pepper, onion, garlic and sauté for about 2 minutes on medium heat.
- 3) Add the coconut milk, salt, butter, allspice, thyme and scotch bonnet pepper or red pepper flakes and stir together. Cover with a lid and let it come to a boil. Taste and adjust the taste, by adding more salt if needed.
- 4) Lower the heat and then add the cornmeal mixture. Do not put the cornmeal mixture in the pot while the heat is high. This will cause it to get hard quickly and create a lot of lumps.
- 5) Stir vigorously as you slowly pour the cornmeal mixture in. Cover the pot and let it cook for 30 minutes on low heat. Make sure to check and stir every 10 minutes.
- 6) Remove pot from the heat and allow to cool. Serve while warm and enjoy.

Toss it up



As a nation Jamaicans on a whole are not particularly fond of including a lot of veggies on their plate. The practice of eating salads with dinner is doubt a remnant from our European ancestors and American influences that trickled unto the island with the advent of the World Wars and improvement in mass communication and transportation.

Contrary to what has been dictated by health organizations such as a typical Jamaican dinner plate is the inverse of that dictated by the Eatwell guide. Our plates are most often packed with mounds of fluffy steamed rice. Next to this we place huge chunks of meat; often from two or three different protein sources, drowned in thick, hearty savoury gravies.

The veggies that make it onto our plates are often fresh bursting with full flavours of spring and summer. The most common veggies utilised in the preparation of Jamaican salads are cabbage, carrots, sweet peppers, lettuce, tomato, cucumber, green peas and beans and sweet corn; much like the rest of the world. The only difference though is that the nutritive and flavour profile of these salads are often enhanced upgraded from the blandness of 'naked' veggies.

Jamaicans have dedicated the entirety of dinner salads to rescuing palates from the mundane monotony of European and American salads that overly emphasize health. Even though these salads are wearing their 'Sunday Bests' courtesy of additions such as condiments, protein, starches, spices and herbs which add a distinct Jamaican kick.

What can I say? We prefer to colour outside the lines. We like our plates filled to the brim and packed with wholesome Jamaican deliciousness.

"To remember a successful salad is to generally remember a successful dinner; at all events, the perfect dinner generally includes the perfect salad."

George Ellwanger (1848–1906)

COLESLAW



What makes a more delicious side than this creamy coleslaw recipe which can be made quickly and easily with ingredients you probably already have in your refrigerator? It is the perfect side dish or salad for dinners and social gatherings. This coleslaw is light, flavourful and contains way less salt and sugar than in coleslaws that are store bought. If kept in the fridge, this coleslaw can last about 3 days... if all of it doesn't get eaten on the day.

Recipe



Time: 15 minutes

Prep: 10 minutes

Cooking: 5 minutes

Ingredients



- 4 Cups of grated / shredded cabbage
- 2 Cups of grated / shredded onion
- 1 1/2 Cups of grated / shredded carrot
- 1/2 cup of shredded green Sweet Pepper
- 4 large tablespoons of mayonnaise
- Salt and black pepper, to taste
- 1 tablespoon of sugar
- 2 – 4 tablespoons of Apple Cider vinegar

Utensils



- Measuring cups
- Measuring spoons
- Grater/Blender
- 2 Large bowls
- Fork
- Spoon

Directions



- 1) Place the shredded/grated vegetables in a large bowl, toss with a fork to combine thoroughly.
- 2) In a separate bowl mix all the other ingredients together, taste with a clean spoon, to make sure it is tangy enough for your palate!
- 3) Pour 'sauce' onto prepared vegetables and stir until it is evenly distributed throughout the Coleslaw.
- 4) Either serve immediately with your meal, or cover and leave in a cool place

Difficulty:



Overall Rating:



CONCH SALAD



A vivacious blend of fresh, chopped conch coated in a spicy, tangy sauce bursting with citrusy flavours complete with the added crunch of fresh vegetables, this Conch Salad is an easy high protein side dish or salad that can be served at any dinner or social occasion.

Recipe



Time: 19 minutes

Prep: 3 minutes

Cooking: 16 minutes

Ingredients



- 1 lb of fresh conch, diced
- 2 tablespoons of extra-virgin olive oil
- 1½ cups of chopped tomato
- 1 medium onion, chopped
- 1 cup green Bell Pepper, chopped
- 1 cup of celery, chopped
- ½ cup of fresh orange juice
- ⅓ cup of fresh lime juice
- 1 ½ teaspoons of minced Scotch bonnet
- 1 teaspoon of salt
- ½ teaspoon of black pepper

Utensils



- Measuring cups
- Measuring spoons
- 2 Large bowls

Directions



- 1) Wash the conch with either lemon juice or salt & water. You may also use vinegar.
- 2) Combine all of the ingredients in a large mixing bowl. Stir and refrigerate for at least 15 to allow it to marinate.

Difficulty



Overall Rating



GARDEN SALAD



This simple, Garden Salad is quick and easy to make using fresh and flavourful ingredients. It is the perfect side dish or salad to accompany any meal. It can even be made into a main meal by adding your favourite choice of protein and tossing in a few croutons. Like your salads with dressing on the side? Just serve it with your preferred dressing for a tangy delicious meal.

Recipe

Time:

Prep: 10 minutes

Cooking: 3 minutes

Utensils



- Measuring cups
- Knife
- Large serving bowl

Difficulty:



Overall Rating:



Ingredients



- 4 cups of lettuce, chopped
- 4 carrots, shredded
- 1 yellow Bell pepper, sliced into rings
- 1 tomato, cut into 8 wedges
- 1 Red Onion, cut into rings
- 1/2 of an English cucumber, peel on, sliced in rounds

Directions



- 1) Toss salad ingredients together in a large salad bowl

IRISH POTATO SALAD



Hands down this is one of the creamiest Potato Salads you'll ever taste. The recipe is quick and easy with one great factor being its sheer simplicity. This is a deliciously basic recipe that can be adjusted to your tastes and upgraded with the addition of other protein sources. Feeling fancy toss a handful or two of some diced bacon.

Recipe



Time: 23 minutes

Prep: 20 minutes

Cooking: 3 minutes

Ingredients



- 4 cups of potatoes, boiled and diced
- 2 large eggs, boiled and diced (egg whites only)
- 2 stalks of escallion, chopped
- 3 tablespoons of margarine
- 1/2 teaspoon of garlic powder
- 1 cup of mayonnaise
- 1/4 teaspoon of black pepper
- 1/4 cup of sweet corn
- 1/4 cup green peas, blanched
- 1/4 cup of green beans, blanched
- 1/4 cup of carrot, diced and blanched
- 1/4 teaspoon of salt

Utensils



- Measuring cups
- Measuring spoon
- Large bowl
- Spoon

Directions



- 1) Place potatoes in a large bowl, toss with margarine.
- 2) Add corn, peas, beans, carrot and escallion.
- 3) Stir in mayonnaise with pepper and salt.
- 4) Add chopped eggs and stir lightly, serve warm or cold.

Difficulty:



Overall Rating:



PASTA SALAD



By far one of the best pasta salads you'll ever taste. It has a perfect blend of savoury, creamy flavours and is so pretty with all the coloured veggies that top it. Be ready for it to disappear from the plates of your family and guests as you serve lunch or dinner. Step your Pasta Salad game up by tossing in some diced bacon pieces or chicken.

Recipe



Time: 23 minutes

Prep: 20 minutes

Cooking: 3 minutes

Ingredients



- 4 cups of elbow macaroni, cooked and drained
- 3 tablespoons of margarine
- 1 cup of mayonnaise
- 1/4 teaspoon of black pepper
- 1/4 cup of sweet corn
- 1/4 cup green peas, blanched
- 1/4 cup of green beans, blanched
- 1/4 cup of carrot, diced and blanched
- 1/4 teaspoon of salt

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Small bowl
- Large spoon

Directions



- 1) Place macaroni in a large bowl, toss with margarine.
- 2) Add corn, peas, beans and carrots.
- 3) Stir in mayonnaise with pepper and salt, coating the pasta and vegetables thoroughly. Serve warm or cold.

Difficulty:



Overall Rating:



SHREDDED CABBAGE SALAD



This is a terrific, versatile, everyday Cabbage Salad that is great as an accompaniment for several Jamaican dishes. Think of this salad as a coleslaw without the mayo dressing. This salad is can't— stop—eating – it delicious.

Recipe



Time: 18 minutes

Prep: 15 minutes

Cooking: 3 minutes

Ingredients



- 1 head of green cabbage, cut into strips
- 4 medium carrots, cut into thin strips
- ¼ each of a small green, yellow, purple and red Sweet pepper
- 1 medium tomato, cut into thin wedges
- ½ cup of sugar
- ½ cup of Apple Cider vinegar

Utensils



- Measuring cup
- Large mixing bowl
- Salad fork

Directions



- 1) Place all vegetables in large mixing bowl.
- 2) Mix together sugar and vinegar.
- 3) Mix solution into cabbage and other vegetables. Refrigerator until you are ready to serve.

Difficulty:



Overall Rating:





DESSERTS



Sugar, spice and everything nice



There isn't anyone alive in the world who doesn't have a special fondness for homemade desserts. They instantly transform us into children at any age, bringing back instant childhood memories of us licking the spoon while the matriarch in the family stirs a large bowl of batter, smiling down on us fondly.

After a typical heavy Jamaican dinner, complete with a side and salad of your choice when guilt pangs are running high yet you still yearn for something a little sweet, whip up a batch of these Jamaican desserts. Some like it hot while others prefer it cold, whatever you select, this book contains nothing but the best. My philosophy as it relates to desserts is the more the merrier. Jazz up any evening with a wide selection of authentic Jamaican desserts presented on ornamental plates or cups skilfully garnished with fresh fruits and smothered by your favourite sauces.

It would seem, upon a perusal of Jamaican history, that the Jamaican sweet tooth is a traditional inheritance from the British who previously colonised the island. Most of these recipes are Jamaican adaptations of classic British desserts which were brought to the island during the advent of British colonisation in the New World. Desserts in Britain at this time took a new turn with the introduction of sweeteners and spices obtained from Oriental countries and the Caribbean. One classic example of this is the abundance of tarts, buns, sweet-savoury pastries, ice-creams and puddings that encompass the wide array of Jamaican desserts. Many of these British desserts, upon arrival to the Caribbean were transformed into the Jamaican delicacies they are when African influences, flavours, spices and methods of preparation were combined. Somewhere too in these desserts is the presence of Indian and Chinese flavours courtesy of ingredients such as coconut milk. These slices, pecks and spoonfuls of heaven are often made with local ingredients from the spices, sweeteners and starches used to bind all that sweetness together.

Jamaicans have a passion for desserts that embody all the great qualities of desserts world renowned. They are smooth, sweet rich and sophisticated— all the qualities any dessert enthusiast loves. For those who crave Jamaican desserts as much as I do here are a few to satisfy your taste buds. Serve our puddings, pones and cakes with dollops of rich, whipped coconut cream, sprinklings of cinnamon and nutmeg, honey and maple drizzles. Home-made ice-cream should be upgraded with the presence of chopped nuts, fruit slices and for island flavour a wee bit of Over proof White rum, Coffee or caramel liqueur— here's to liquid.

The sweets in this chapter should be eaten with caution for two main reasons. It is physically impossible to eat one piece without gobbling down the entire batch. The aromas wafting around the kitchen during the baking and cooking processes are enough to tempt you into devouring every enticing morsel once cooked to perfection. On another hand, one should approach these sweets cautiously due to the intense flavour profiles they offer. These desserts are often characterized by the spicy sweet heat of ginger, the smooth creaminess of coconut, crunchy peanuts, golden Jamaican sugar, resinous, rummy notes commonly associated with Jamaica and the sweet woody flavour of nutmeg and cinnamon.

Like Alice, you'll no doubt find yourself transported to Wonderland. Who knows, you just might meet the mad hatter and have a glorious tea party complete with tea and miniature versions of these delicacies.

"Desserts are the fairy tales of the kitchen—a happily—ever—after to supper."

Terri Guillemets

BANANA BREAD



Your family or anybody who will have the pleasure of sampling this Banana bread will love this loaf. The bread is fluffy, moist, delicious and is infused with loads of banana flavour. It is the perfect balance between healthy and indulgent. To upgrade this banana bread consider tossing in a handful of nuts.

Recipe



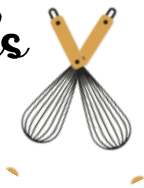
Time:

1 hour 20 minutes

Prep: 20 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Mixing bowl
- Sieve
- Spoon
- Loaf pan

Difficulty:



Overall Rating:



Ingredients



- 1/3 cup of margarine
- 1/2 cup of granulated sugar
- 1 medium egg
- 1 teaspoon of vanilla essence
- 2 large ripe bananas, mashed
- 2 cups of cake and pastry flour
- 2 teaspoons of baking powder
- 1/4 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1/4 teaspoon of nutmeg
- 1/2 cup of raisins
- 1/2 cup of milk

Directions



- 1) Pre-heat oven to 180°C/350°F.
- 2) Cream margarine and granulated sugar, add beaten egg and vanilla.
- 3) Mash ripe bananas and add to the above mixture.
- 4) Sift flour, baking powder, baking soda, salt and nutmeg, adding alternately with mashed banana mixture.
- 5) Fold in raisins, mixture should drop easily from a spoon. If not, add a little water or milk until consistency is reached.
- 6) Scrape mixture into a greased loaf pan and bake until golden brown, and a skewer inserted, comes out clean.

BLUE DRAWERS



It is often said that looks can be deceiving. This statement is indeed true as it relates to this Blue Drawers recipe. Seemingly simple, this Jamaican dessert packs a wicked punch. Taking into consideration all the wholesome ingredients of this pudding type dessert, you might want to prepare more than one batch. Not only is it delicious, moist and incredibly cream but also incredibly hard to resist.

Recipe



Time:

1 hour 20 minutes

Prep: 17 minutes

Cooking:

1 hour 3 minutes

Utensils



- Measuring cups
- Measuring spoons
- Knife
- Large bowl
- Baker's twine
- Tongs

Difficulty:



Overall Rating:



Ingredients



- 2 cups of cornmeal
- 1 cup of all-purpose flour
- 1 1/2 cups of cane sugar
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 1/2 teaspoon of salt
- 1 cup of grated coconut
- 2 cups of coconut milk
- 2 fingers of green bananas, peeled, chopped and grated
- 1 medium sweet potato, peeled, chopped and grated
- 2 teaspoons of vanilla
- Fresh banana leaves

Directions



- 1) Remove and discard the mid-vein of the banana leaf. Cut the leaf into equal rectangular pieces. Wilt or quail them by passing them over an open flame. In a large bowl, add cornmeal, flour, sugar, cinnamon, nutmeg, and salt, and mix until fully combined. Set aside.
- 2) Mix the grated bananas and sweet potatoes together until it resembles a coarse batter. Stir into the dry ingredients and mix until combined. Fold in the grated coconut.
- 3) Place about 2–3 tablespoons of the batter onto the centre of the banana leaf, then bring the edges of the banana leaf over the batter. Fold the edges under to make a tight package. Using baker's twine tie the blue draws securely. Repeat until all the batter is gone.
- 4) Bring a large pot of water to boil over medium–high heat. Add blue draws parcels. Return to a boil, then reduce to simmer for one hour.
- 5) Remove each of the blue draws from the pot using a pair of tongs, and place into a serving plate. Remove the tie from each parcel and serve.

BREAD PUDDING WITH SORREL SAUCE



v

Sweet dreams are made of this! This Bread Pudding is most definitely comfort food. Not only is this Bread Pudding heavenly, moist and utterly delicious, but the flavour is absolutely breath-taking. The only comments you'll hear at the dinner table is, "Holy smokes this is good!"

Recipe



Time:

1 hour 10 minutes

Prep: 20 minutes

Cooking: 50 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large mixing bowl
- 2-quart baking dish
- Sauce pan
- Wooden spoon

Difficulty



Overall Rating



Ingredients



- 2 1/4 cups of milk
- 4 medium eggs
- 1/4 cup of granulated sugar
- 1/2 teaspoon of cinnamon powder
- 1/2 tablespoon of vanilla essence
- 1/8 teaspoon of nutmeg
- 1 cup of strong brewed sorrel (recipe is in the drink section of the book)
- 6 slices of whole wheat bread, cut in cubes
- 1/8 cup of margarine
- 1/4 cup of brown sugar
- 1 tablespoon of light corn syrup

Directions



- 1) In a large mixing bowl whisk together milk, eggs, granulated sugar, cinnamon powder, vanilla and nutmeg.
- 2) Arrange bread cubes in a 2-quart baking dish and pour on the egg mixture and leave to stand for 10–15 minutes.
- 3) Bake in a preheated oven at 180°C/350°F for 35–40 minutes. Areas near the centre will appear soft but set.
- 4) Melt margarine in a sauce pan, add sugar and light corn syrup and mix until the sugar granules are dissolved. Pour in the brewed sorrel and boil until it becomes syrupy.
- 5) Remove from heat and serve with slices of bread pudding.

CARROT CAKE



Enjoyable, dense and stays moist for days even after cutting, carrot cake is simply divine. You will be hounded again and again for this recipe once anybody tastes the splendour it has to offer. Feeling fancy? Smear a thick layer of Cream Cheese dressing over the cake and liven up any social gathering.

Recipe



Time:

1 hour 8 minutes

Prep: 8 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Electric mixer
- 10-inch cake pan

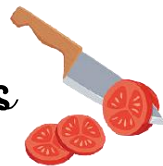
Difficulty:



Overall Rating:



Ingredients



- 10 ounces of all-purpose flour
- 2 teaspoons of baking powder
- 1/2 teaspoon of baking soda
- 2 teaspoons of cinnamon powder
- 3 medium eggs
- 10 ounces of sugar
- 1 tablespoon of vanilla essence
- 1 1/4 cup of coconut oil
- 8 ounces of carrot, peeled
- 4 ounces of nuts, crushed
- 4 ounces of raisins, soaked

Directions



- 1) Pre-heat oven to 180°C/350°F; grease and line a 10-inch cake pan.
- 2) Sift together the dry ingredients and set aside.
- 3) Using an electric mixer, beat eggs until blended. Gradually add sugar and cream until light and fluffy.
- 4) Add vanilla, coconut oil and shredded carrot, beat to incorporate.
- 5) Divide the dry ingredients into three, folding in each portion of dry ingredient well with the carrot mixture, before adding the other portion.
- 6) Add nuts and raisins and incorporate thoroughly.
- 7) Scrape the batter into the prepared pan and bake until the cake springs back when touched lightly (for approximately 45 minutes).
- 8) Remove from oven and allow to cool on a cooling rack.

CASSAVA PONE



Particularly exceptional, this recipe is for those individuals who like their cakes and puddings moist, flavourful and tender. With this simple, easy to follow recipe you'll no doubt be able to decorate your dinner table with a breathtakingly delicious specimen of an incredible dessert guaranteed to earn you a hearty applause from your dinner mates. Whole-wheat flour can be substituted for baking flour or all-purpose flour.

Recipe



Time:

1 hour 10 minutes

Prep: 10 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Saucepan
- Large bowl
- Greased casserole dish

Difficulty



Overall Rating



Ingredients



- 3 ounces of margarine
- 2 cups of cassava, grated
- 2 cups of sweet potato, grated
- 1/4 cup of whole wheat flour
- 1 cup of sugar
- 1 teaspoon of cinnamon powder
- 1 teaspoon of nutmeg, grated
- 2 1/2 cup of coconut milk

Directions



- 1) Melt margarine in a saucepan.
- 2) In a large bowl add grated cassava, sweet potato, flour, sugar, cinnamon powder and nutmeg, stir to combine.
- 3) Add coconut milk and vanilla.
- 4) Mix all ingredients together and stir well.
- 5) Pour mixture into greased casserole dish.
- 6) Bake at 180 degrees C / 350 degrees F for 1 hour.

CHRISTAMAS CAKE



If you're a fruit cake lover, then you'll fall in love with this recipe for Jamaican traditional Christmas Fruit Cake. As a fruit cake lover, you'll rhapsodize about the savoury candied fruits soaked in Jamaican red wine and rum and that rich combination of spices. So, grab a slice or three, wash it down with some Jamaican Sorrel or Eggnog, sit under the mistletoe and savour the intense flavour of this Jamaican delight.

Recipe



Time: 2 hours

Prep: 30 minutes

Cooking:

1 hour 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Electric mixer
- 2 large bowls
- 12-inch baking tin

Difficulty:



Overall Rating:



Ingredients



- 1 lb of margarine
- 1 lb of dark sugar
- 4 medium eggs
- 1/2 teaspoon of vanilla essence
- 1/2 teaspoon of almond flavouring
- 6 cups of all-purpose flour
- 1 teaspoon of mixed spice
- 4 teaspoons of baking powder
- 2 teaspoons of nutmeg
- 6 tablespoons of food browning
- 2 cups of red wine
- 1 pound of mixed fruits, soaked in 1 cup of white rum

Directions



- 1) Cream margarine and sugar until light and fluffy.
- 2) Gradually beat in eggs one at a time. Stir in vanilla essence and almond flavouring.
- 3) Combine counter flour, mixed spice, baking powder and nutmeg.
- 4) Divide the flour mixture into three and liquid into two.
- 5) Fold the flour mixture into the creamed mixture alternately with the browning, red wine and soaked mixed fruits. (The liquid must also be added).
- 6) Scrape into a greased and lined 12" baking tin. Bake for 1 1/2 hours at 180°C/350°F or until a metal skewer inserted comes out clean.

COCONUT DROPS



This Coconut Drops recipe sets the bar high for others of its kind. Its supremely crunchy, with soft bits of coconut pieces sweetened and spiced to perfection. It is perfect as an introductory sweet or dessert to individuals who have never had the pleasure of sampling Jamaican desserts. Whip up a batch of these bad boys and pass them to your neighbours and friends. They'll no doubt adore you for generously blessing them with this little bundle of Jamaican joy.

Recipe



Time:

1 hour 20 minutes

Prep: 5 minutes

Cooking:

1 hour 15 minutes

Utensils



- Measuring cups
- Measuring spoon
- Medium sized saucepan
- Wooden spoon

Difficulty:



Overall Rating:



Ingredients



- 4 cups of water
- 2 cups of dry coconut, diced
- 1 1/2 cup of dark sugar
- 1 tablespoon of ginger
- 1/2 teaspoon of vanilla
- 1/2 teaspoon of cinnamon (liquid)
- 1 banana leaf, wilted over a fire

Directions



- 1) Put water to boil, add diced coconut and boil for about 40 minutes.
- 2) Add the sugar, ginger, vanilla and cinnamon and continue boiling until the mixture becomes syrupy (about 30–35 minutes).
- 3) Drop by tablespoons full on a green banana leaf or on a wet cookie sheet.
- 4) Allow to cool until the drops have fully set.

CORNMEAL PUDDING



Homemade with love for pudding lovers everywhere, this Cornmeal Pudding is complete with creamy coconut milk, Jamaican spices and juxtaposes of bold flavours this pudding is guaranteed to exceed the expectations of anyone it is served to. To spice up this recipe you may add a dash of rum and some raisins to the pudding.

Recipe



Time:

1 hour 55 minutes

Prep: 15 minutes

Cooking:

1 hour 40 minutes

Utensils



- Measuring cups
- Measuring spoons
- 10-inch spring form pan
- Medium pot
- Large mixing bowl

Difficulty:



Overall Rating:



Ingredients



- 3 cups of fine yellow cornmeal
- 1 1/2 teaspoon of salt
- 1/2 cup of all-purpose flour
- 1 teaspoon of grated nutmeg or ground nutmeg
- 1 1/2 teaspoon of ground cinnamon
- 6 cups of coconut milk
- 1 tablespoon of vanilla extract
- 1/2 cup of butter
- 2 cups of brown sugar

For soft top

- 1/2 cup of coconut milk
- 1/4 cup of brown sugar
- 1/2 teaspoon of ground cinnamon

Directions



- 1) Preheat the oven to 350 degrees Fahrenheit. Grease a 10-inch spring form baking pan with butter. Set aside.
- 2) In a medium pot, add the coconut milk, butter, brown sugar and vanilla extract and heat on medium heat. Mix until the sugar is dissolved and it is heated but not boiling. Remove from the heat and set aside to cool off.
- 3) Sift all the dry ingredients in a large mixing bowl. Whisk together, until combined evenly.
- 4) Pour little by little the warm liquid to the dry ingredients and mix well with a whisk. Continue to whisk for a few minutes to make sure there are no lumps and it is smooth. Pour the mixture into the greased spring form baking pan.
- 5) Bake for 20 minutes first. In the meanwhile, mix together the ingredients to make the soft top in a small bowl with a whisk to evenly combined.
- 6) Remove from the oven and pour the soft top mixture over the batter and bake for 80 minutes. Allow it cool for about an hour. Remove the outer rim of the spring form baking pan. Slice and enjoy.

GIZZADA



A feast for the eyes and the mouth, Grater Cake, also called “Pinch me round’ due to its characteristic pinched crust is believed to have originated from Jewish traditions. With a crisp pastry shell and a moist filling infused with natural coconut flavour melded with the sweet, spicy heat of ginger all throughout. This Gizzada recipe is perfectly balanced with the right amount of coconut flavour without being overpowering or tasting artificial. Any coconut fan in your life is sure to love it!

Recipe



Time: 60 minutes

Prep: 45 minutes

Cooking: 15 minutes

Utensils



- Measuring cup
- Measuring spoon
- Large bowl
- Rolling pin
- Pastry cutter
- Cookie sheet

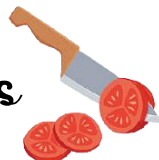
Difficulty:



Overall Rating:



Ingredients



- 1 lb of pastry flour
- 1/2 tablespoon of sugar
- 1/8 teaspoon of salt
- 1/4 lb of margarine, cold
- 1/4 pound of shortening, cold
- 3/4 cup of cold water
- 2 cups freshly grated brown coconut (or store bought unsweetened desiccated coconut)
- 1 tsp grated nutmeg
- 1 tsp ground all-spice
- 1/2 tbsp ground cinnamon
- 2 tbsp vanilla extract
- 1 egg (optional)
- 1 tsp freshly grated ginger
- 2 cups brown sugar

Directions



- 1) Place flour in a large bowl, add sugar and salt. Mix well. Shred the cold margarine and shortening, add to the flour and rub in until the mixture looks like fine breadcrumbs.
- 2) Add cold water to the flour mixture and gently mix to form a pastry dough. Do not knead. Cover the pastry and place in the refrigerator to relax for about 15–18 minutes.
- 3) Add grated coconut to a bowl, along with grated ginger. Add brown sugar, grated nutmeg, ground all-spice, ground cinnamon, and vanilla extract. Stir and let sit uncovered for 30 minutes, or until all the sugar has dissolved. Stir occasionally.
- 4) Lightly dust the work surface with flour. Remove pastry from the refrigerator and place on the floured work surface. Use a lightly floured rolling pin to roll out the pastry.
- 5) Use a 3 1/2 – 4-inch cutter to cut rolled pastry into circles. Crimp the edge using the thumb of one hand and the thumb and fore finger of the other hand. Place on a cookie sheet, fill each with about three tablespoons coconut mixture and bake in a pre-heated oven at 205 degrees C or 400 degrees F for 15–20 minutes.

GRATER CAKE



Goosey, chewy beauty bursting with rich coconut flavour with additionally mounds of grated coconut goodness— Grater Cake represents all the fine qualities of Jamaican sweets and desserts. A definite burst of summer and autumn flavours whip up a batch of these Grater Cakes to usher in changing seasons.

Recipe

Time:

1 hour 20 minutes

Prep: 20 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Grater
- Medium sized pot
- Metal spoon
- Casserole dish
- knife

Difficulty:



Overall Rating:



Ingredients



- 3 cups of dried coconut
- 2 cups of granulated sugar
- 1/4 cup of water
- 1/8 teaspoon of almond essence
- 1/4 teaspoon of salt
- 1 teaspoon of red food colouring

Directions



- 1) Peel off the brown portion of the coconut, wash, grate and set aside.
- 2) Combine grated coconut, granulated sugar and water in a pot and put to boil. Reduce to medium flame, mix in the almond essence and the salt. Stir constantly until mixture thickens.
- 3) Remove a 1/3 of the mixture and add a small amount of red food colouring to give a delicate pink colour.
- 4) Scrape remaining coconut mixture into a greased casserole dish and spread evenly.
- 5) Spread the pink coloured coconut evenly over the white mixture.
- 6) Set aside for 25–30 minutes or until sufficiently cooled.
- 7) Cut into squares and serve.

MANGO ICE CREAM



This mango ice—cream is an ode to the tropical flavours of Jamaica, combining sweet mango puree. And the rich creamy goodness of evaporated milk. This ice—cream is one that will have no willpower over. You'll end up eating the whole thing in one entire setting. Once you have one spoonful, you'll want to have it all, no ifs, buts or ands about it.

Recipe



Time:

2 hours 7 minutes

Prep: 5 minutes

Cooking:

2 hours 2 minutes

Utensils



- Measuring cups
- Measuring spoons
- Thick bottom saucepan
- Whisk
- Ice—cream maker

Difficulty:



Overall Rating:



Ingredients



- 1 cup of water
- 2 tablespoons of cornstarch
- 1/2 cup of evaporated milk
- 1/4 teaspoon of salt
- 1/2 cup of mango puree

Directions



- 1) In a thick—bottom saucepan, whisk together water, salt and cornstarch then simmer for 2 minutes on moderate heat while whisking.
- 2) Stir in the mango puree and remove from heat. Pour into an ice cream maker and follow the manufacturer's instructions.

PEANUT DROPS



Peanut drops are definitely a fabulous peanut addict cake. Make a batch of these delicious Peanut Drops as a sweet treat for the family and you are guaranteed to earn respect from any peanut lover among them. Not only are the drops sweet but they also have a sweet heat courtesy of the ginger.

Recipe



Time: 35 minutes

Prep: 5 minutes

Cooking: 30 minutes

Utensils



- Measuring cups
- Measuring spoon
- Medium sized sauce pan
- Parchment paper
- Metal spoon

Difficulty:



Overall Rating:



Ingredients



- 2 cups of roasted peanuts
- 5 tablespoons of shredded ginger
- 3 cups of dark sugar
- 1 cup of water

Directions



- 1) In a medium sized saucepan boil water on high then add sugar.
- 2) Add peanuts and ginger.
- 3) After water has evaporated turn off the heat.
- 4) Place a sheet of parchment paper on table then use the spoon to scoop out the peanuts and place on the sheet.
- 5) The peanuts should be about 1 inch to 2 inches apart.
- 6) Let the peanuts cool for 30 minutes.

PLANTAIN TARTS



There are few things in the world of desserts more delicious than a classic fruit—filling tart. Ooey, gooey plantain filling, surrounded by a crisp pastry shell. You'll love the play of textures and refreshing fruity taste. The Jamaican version of fruit tarts although in a different form with the outer shell resembling that of a patty, is still as delicious as those made in tart rings.

Recipe



Time:

4 hours 5 minutes

Prep:

3 hours 40 minutes

Cooking:

25 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Cling wrap
- Small saucepan
- Cookie cutter
- Pastry brush

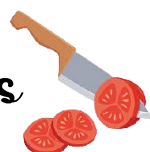
Difficulty:



Overall Rating:



Ingredients



- 2 cups of all-purpose flour
- 1 teaspoon of salt
- ¼ cup of cold butter, cut into ½ inch pieces
- 3 tablespoons of shortening, chilled and diced
- 1 egg, beaten
- White sugar for decoration
- 1 teaspoon of vanilla extract
- 1 teaspoon of grated nutmeg
- 2 drops of red food colouring
- 1 egg white, beaten
- 1 tablespoon of ice cold water
- 3 very ripe plantains
- ¼ cup white sugar

Directions



- 1) Combine the flour and salt in a bowl. Rub in the butter and shortening until incorporated and the mixture takes on a sandy appearance. Combine the egg and water. Stir into the flour mixture until a dough forms. Knead it for a few turns to bring the dough together. Wrap well with cling wrap and chill for 3 hours in the refrigerator.
- 2) Peel plantains and cut into thirds. Bring a small saucepan with a little water to a simmer and steam plantains until tender. Once soft, drain plantains and mash them with sugar, vanilla, nutmeg and red food colouring. Set aside to cool.
- 3) Preheat oven to 350 degrees F. Roll dough out on a lightly floured surface to ¼ inch thick. Cut into circles using a 4–5–inch cookie cutter. Spoon a little of the plantain filling into the centre of each circle, fold in a half moon shape. Place tarts on a baking sheet, brush with beaten egg white and sprinkle with white sugar.
- 4) Bake in a preheated oven for 20 to 25 minutes until golden brown. Allow tarts to cool to room temperature before serving.

ROCK CAKE



It's usually the small things in life that keeps us going when we can't be around the ones we love. With their origins traced to Great Britain, these Rock Buns are the perfect love letter to yourself or the ones you love. They are small bites of fluffy, light decadence, enclosed in a hard, crispy outer shell that catches you off guard from the first bite.

Recipe



Time: 41 minutes

Prep: 15 minutes

Cooking: 26 minutes

Utensils



- Measuring cups
- Measuring spoons
- Large bowl
- Dough blender
- Wooden spoon
- Two metal forks
- Greased baking tray

Difficulty:



Overall Rating:



Ingredients



- 3 cups of all— purpose flour
- 1 packet of coconut milk powder
- 1 tablespoon of baking powder
- 1 1/2 teaspoon of nutmeg
- 1/2 cup of margarine
- 1 cup of dark sugar
- 1/4 cup of raisins, soaked in Jamaican White Rum
- 1 large egg, beaten
- 4 ounces of milk
- 1 teaspoon of vanilla
- 4 whole maraschino cherries

Directions



- 1) Combine flour, coconut milk powder, baking powder and nutmeg and mix for even distribution.
- 2) Add margarine and use a dough blender or your finger tips to gently rub the margarine into dry mixture until it resembles fine breadcrumbs.
- 3) Mix in the dark sugar and soaked raisins using a wooden spoon.
- 4) Combine beaten egg, water or milk and vanilla; make a well in the centre and pour in the liquid.
- 5) Combine the mixture using two forks. Do not over mix!
- 6) Drop rock buns by spoonfuls onto a greased baking tray and bake at 180°C/350°F for 26 minutes. Remove from oven and cool on a cooling rack.
- 7) Rinse the maraschino cherries and cut each into 4 pieces. Use one piece of cherry to decorate each rock bun.

RUM CAKE GLAZED WITH RUM BUTTER SAUCE



A delicious cake to eat with coffee. The Rum Butter Sauce soaks into the cake making it extremely moist and delicious. This simply divine cake will earn you applause from even those self-professed individuals who don't like sweet treats or don't particularly have a sweet tooth. The key to getting the cake to be light is adding the wet ingredients into the mixer slowing.

Recipe

Time:

1 hour 25 minutes

Prep: 20 minutes

Cooking:

1 hour 5 minutes

Utensils



- Measuring cups
- Measuring spoons
- Bundt pan
- Electric mixer
- Small saucepan
- Long skewer
- Plastic wrap

Difficulty:



Overall Rating:



Ingredients



- 2 1/4 cups of flour
- 1/4 cup of corn starch
- 3 teaspoon of baking powder
- 1/2 teaspoon of salt
- 1 1/4 cups of sugar
- 1/2 cup of soft butter
- 1/4 cup of canola oil vegetable oil
- 1/2 cup of evaporated milk
- 4 eggs
- 1 tablespoon of vanilla extract
- 1/3 cup of rum

For the rum & butter syrup

- 1/4 cup of butter
- 1/2 cup of sugar
- 1/4 cup of water
- 1/2 to 3/4 cup of Jamaican White rum
- 1/2 teaspoon of vanilla extract

Directions



- 1) Preheat an oven to 325 degrees F. Grease and flour a Bundt pan.
- 2) In an electric mixer, add the flour, corn starch, baking powder, salt, sugar, butter and oil. Mix on low speed until the butter and oil are well incorporated and the mixture is crumbly. Mix in the milk and eggs one at a time. Add the rum and vanilla extract, mix until the batter is smooth.
- 3) Pour the batter into the Bundt pan and bake for 55–65 minutes or until a wooden toothpick inserted into the centre comes out clean. Cool cake completely on a wire rack.
- 4) Add the butter, water and sugar to a small saucepan. Bring to a boil and simmer for 7 or 8 minutes. Remove from the heat and allow to cool completely before adding in the rum and vanilla extract.
- 5) Place the cooled cake back in the Bundt pan. With a long skewer, poke holes all over the top of the cake, straight through to the bottom of the pan. Slowly spoon all of the rum and butter syrup, evenly over the surface of the cake. Cover the pan with plastic wrap and leave for several hours.

SPICED EASTER BUN



The lovechild of the traditional British Cornish Saffron Bun and Jamaican ingenuity, this Jamaican Spiced Easter Bun is warm with spices and plump dried fruits. This is a true Jamaican staple especially around Easter time when the bun is eaten with cheese. Whatever your standards be for the perfect spiced bun, they are all represented in this recipe. From the first bite of this spiced bun you'll breathe a HUGE sigh of relief but with the dorkiest happy dance known to man and a long string of embarrassing ooohhhs and aaahhhhs.

Recipe



Time:

1 hour 10 minutes

Prep: 10 minutes

Cooking: 1 hour

Utensils



- Measuring cups
- Measuring spoons
- Wooden spoon
- Greased loaf pan
- Small saucepan
- Pastry brush

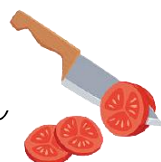
Difficulty:



Overall Rating:



Ingredients



- 2 ounces of margarine
- 1 bottle of Dragon stout
- 1/2 cup of Fruit wine
- 1 teaspoon of vanilla
- 1/2 tablespoon of browning
- 1 tablespoon of guava jam
- 1 medium egg (optional)
- 8 ounces of dark sugar
- 1 lb of all-purpose flour
- 1 teaspoon of nutmeg
- 1/4 teaspoon of salt
- 1 teaspoon of cinnamon powder
- 1 tablespoon of baking powder
- 1 tablespoon of mixed spice
- 1/4 lb of mixed peel, chopped
- 1/4 lb of raisins, soaked in Jamaican White Rum
- 2 tablespoons of honey
- 2 tablespoons of water

Directions



- 1) Melt margarine and allow to cool, then add stout, wine, vanilla, browning, guava jam and beaten egg (if used).
- 2) Stir in the sugar and mix until all the granules are dissolved.
- 3) Mix together all the dry ingredients then add the chopped mixed peel and raisins.
- 4) Combine liquid mixture with dry ingredients and mix well. Scrape the batter into a greased loaf pan 12"x4"x3".
- 5) Bake in a preheated oven at 180°C/350°F or until a skewer inserted comes out clean. Cool on a cooling rack.
- 6) To Glaze: Combine 2 tablespoons honey with two tablespoons water and bring to a boil; remove from flame and use a pastry brush to apply it over the surface of the bun.

SCURSORP ICE CREAM



Historically, Soursop Ice—cream was born out of challenges in obtaining dairy products and the innovativeness of Jamaicans. It is the perfect combination of sweet, succulent soursop mixed with the creaminess of milk made into a smooth no—churn ice—cream. Lusciously simple, this recipe uses no eggs and doesn't require any cooking. This recipe has the perfect consistency and texture even days after it was made.

Recipe



Time:

2 hours 15 minute

Prep: 5 minutes

Cooking:

2 hours 10 minutes

Utensils



- Measuring cups
- Measuring spoons
- Blender
- Colander
- Wooden spoon
- Ice Cream Maker

Difficulty:



Overall Rating:



Ingredients



- 2 cups soursop puree
- ¼ cup ginger juice
- 2 tablespoon lime juice
- ½ tsp vanilla extract
- 1 can condensed milk

Directions



- 1) To make the puree, peel the soursop and place in a colander.
- 2) Remove seeds and secure pulp. Combine 2 cups of the soursop with other ingredients.
- 3) Mix together well. Pour into a regular ice cube tray or an ice cream freezer and freeze.

SWEET POTATO PUDDING



Heavily influenced by British colonials who occupied the island in the past, this Sweet Potato Pudding recipe is a must see for those looking for a simple, easy way to enjoy this Jamaican delicacy. Moist, rich and indulgent, here is just something about Jamaican Sweet Potato Pudding that makes it simply irresistible! Because once you've tried it you just can't have enough. The proof is in the pudding! Jamaicans themselves have developed a rather catchy shanty that describes the opulence of the dessert as— "Hell a top, hell a bottom and halleluiah inna di miggles!"

Recipe



Time:

2 hours 15 minutes

Prep: 45 minutes

Cooking:

1 hr 30 minutes

Utensils



- Measuring cups
- Measuring spoons
- Grater
- Large bowl
- Wooden spoon
- Greased 10— inch baking tin

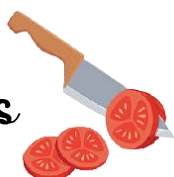
Difficulty:



Overall Rating:



Ingredients



- 5 lbs of sweet potato
- 3 cups of dark sugar
- 1 cup of flour
- 1 teaspoon of cinnamon powder
- 1 packet of coconut milk powder
- 5 cups of water
- 1/4 cup of margarine, melted
- 1 whole nutmeg, grated
- 1 teaspoon of salt
- 1 teaspoon of cinnamon powder
- 1 teaspoon of vanilla essence
- 1 tablespoon of white rum
- 1 tablespoon of lime juice
- 1 teaspoon of browning (optional)

Directions



- 1) Peel cut and grate sweet potatoes and place in a large mixing bowl.
- 2) Add dark sugar, flour and raisins.
- 3) Combine coconut milk powder with water, mix well and add to the sweet potato mixture.
- 4) Add melted margarine, nutmeg, salt, cinnamon powder, vanilla, rum, lime juice and browning and mix well.
- 5) Scrape mixture into a greased 10inch baking tin.
- 6) Bake in a pre—heated oven 350 F or 180 degrees C for 1 1/2 hours.

TAMARIND BALLS



If you like the taste of tamarinds, you'll love this classic Jamaican sweet. The balls are the perfect combination of sweet and tangy. Once you pop one of these bad boys into your mouth you'll be amazed at the smooth texture of the balls and how perfectly suited the crystals of sugar are for them. Go on, enjoy!

Recipe

Time: 30 minutes

Prep: 15 minutes

Cooking: 15 minutes

Ingredients



- ½ cup of tamarind flesh
- 1 tablespoon of boiling water
- 1 cup of sugar
- Pinch of salt

Utensils



- Measuring cup
- Measuring spoon
- Medium sized bowl
- Wooden spoon

Directions



- 1) Mash the tamarind flesh to separate the seed segments.
- 2) Add salt and boiling water to the segments.
- 3) Stir until the water is fully absorbed.
- 4) Add 1/2 cup of sugar to the flesh and mix.
- 5) Add the remaining sugar to stiffen the mixture. (Add more sugar if necessary).
- 6) Divide into small portions and roll into balls.
- 7) Leave for 15 minutes to “dry”.
- 8) Roll the balls in sugar to create a dry, crunchy outer layer of sweetness.

Difficulty:



Overall Rating:



TOTO



Pronounced toe—to this traditional dessert uses simple ingredients but takes expertise to get an authentic homemade flavour and tantalizing texture. Said to have originated during slavery, the first Toto was made by hungry, underfed slaves over fire coals. This ‘no—fuss’ recipe, will teach you how to easily bake this appetizing Jamaican favourite, that’s smooth in texture and rich in flavour!

Recipe



Time: 50 minutes

Prep: 20 minutes

Cooking: 30 minutes

Ingredients



- 1 1/4 lb of baking flour
- 12 ounces of brown sugar
- 1 packet of milk powder
- 1 whole dry coconut, grated
- 1 ounce of raisins, soaked in Jamaican Fruit Wine (optional)
- 1 tablespoon of baking powder
- 1 tablespoon of mixed spice
- 2 large eggs
- 12 ounces of water
- 1 tablespoon of vanilla
- 2 ounces of margarine, melted

Utensils



- Measuring spoons
- Large bowl
- Whisk
- Greased baking tin

Directions



- 1) Combine baking flour, brown sugar, Anchor Milk Powder, grated coconut, raisins, baking powder and mixed spice in a large bowl.
- 2) Whisk eggs, add water, vanilla and melted margarine.
- 3) Make a well in the centre of the dry ingredients and add the liquid. Lightly mix until the liquid is absorbed.
- 4) Scrape the batter into a greased baking tin and put to bake in a pre-heated oven 180°C (350°F) for about 30 minutes or until a skewer inserted comes out clean.
- 5) Remove from the oven and put to cool before slicing.

Difficulty:



Overall Rating:

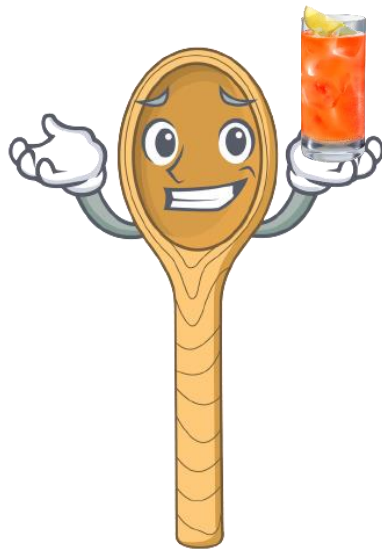




BEVERAGES



In the mix



Name a better way in which the hot languorous Caribbean nights can be calmed than with a fine selection of Jamaican cocktails, fruit juices and creamy punches. These beverages, when served chilled and over ice, can be likened to the effects of tranquil breezes imparted by the Tradewinds. Take a sip of any from the catalogue and be instantly transported to a long stretch of Jamaica's white sandy beaches, sans flight.

These concoctions are a little Caribbean festival in and of itself. Mood improving, tropical pick me ups; these beverages are echoing with flavours. The juices and syrups of fruits, vegetables and nuts like coconut and peanut form a strong base on which the colour and taste emitted by them; particularly those with fresh vibrant hues, manifest themselves without overwhelming the simple sweetness and creaminess imparted by several sweetening agents. Of course, most of these Jamaican refreshments would not be complete without one particular additive— rum or other alcoholic drinks. Stir, shake and muddle any of these juices, cocktails or punches and welcome the unique tropical taste of Jamaica. Belly up to your home bar, check out our recipe suggestions and raise a glass of liquid sunshine.

“One sip of this will bathe the drooping spirits in delight, beyond the bliss of dreams.”

John Milton

CARROT JUICE



This Carrot Juice is literally heaven in a cup. The sweetness of the condensed milk, the smoothness of the supligen, the flavour of the spices and the Dragon Stout blends together harmoniously to create a culinary masterpiece worthy to be likened to the ‘ichor’ of the gods. Serve this juice over ice and sit back in your favourite lounge and enjoy the unique taste of Jamaican Carrot Juice.

Recipe



Time: 20 minutes

Prep: 10 minutes

Cooking: 10 minutes

Utensils



- Measuring cups
- Measuring spoon
- Knife
- Large bowl
- Large sauce pan
- Blender
- Strainer
- Large juice jug

Difficulty:



Overall Rating:



Ingredients



- 2 lb whole carrots
- 5 cups water
- 1 can condense milk
- 1 bottle Guinness or Dragon Stout
- 1 cup vanilla Supligen or Nutrament
- 1 shot of rum (optional)
- 2 tsp. ground nutmeg

Directions



- 1) Wash and chop carrots into 1—inch pieces, making sure to remove the tops and possibly tips of carrots.
- 2) Place chopped carrots into a pot with 5 cups water and let boil. Once cooked, set aside to cool as the liquid will be needed to blend the juice.
- 3) Place cooked carrot in a blender along with enough of the water that carrots were boiled in, to cover about 3—inches over the carrots (you might have to do this in batches). Make sure that you still have at least an inch of space from the top of the blender.
- 4) Begin pulsing to liquefy.
- 5) Strain juice through a fine sieve strainer into a container deep enough to hold juice.
- 6) Stir in vanilla, condensed milk, Guinness or Dragon Stout, Supligen or Nutrament, nutmeg and rum (if using).
- 7) Serve over ice and enjoy. Juice may need to be shaken before pouring.

FRUIT PUNCH



First made on the island around 1655, Jamaican Fruit punch contains lots of bold fruity favours with a great subtle taste. No one flavour of fruit overpowers another, instead they all blend together harmoniously much like the utopia described in Emile Durkheim's sociological theories. Fresh lime juice is key to getting the unique flavour of this punch and gives it a kind of tartness that perfectly offsets the rich fruity flavours. The simple syrup in the recipe can be omitted if the juice you are using is store bought or pre-sweetened. If you don't have simple syrup on hand you may substitute it for granulated sugar.

Recipe



Time: 10 minutes

Prep: 5 minutes

Cooking: 5 minutes

Utensils



- Measuring cup
- Large jug
- Large spoon

Difficulty:



Overall Rating:



Ingredients



- 1cup of lime juice, preferably freshly squeezed
- 1cup of simple syrup (used only if the juices are natural and unsweetened)
- 1cup of orange juice
- 1cup of mango juice
- 2cups of pineapple juice
- 1 cup of papaya juice

Directions



- 1) In a large juice jug, combine all ingredients and mix well.
- 2) Serve chilled over ice.

GINGER BEER



Jamaican Ginger Beer is not only refreshing and tasty but also quite nutritious. If you are a ginger ale fanatic but often complain of the ale not having a strong ginger flavour, this recipe is for you. It combines the potency of authentic Jamaican ginger, spices and if you're up to it a dash of rum for that extra kick. For best results, it is recommended that you use the authentic Jamaican ginger as it is oftentimes, stronger and yields a better taste. This recipe can be used to make fermented ginger beer, just add enough yeast to help with the fermentation process.

Recipe



Time: 20 minutes

Prep: 15 minutes

Cooking: 5 minutes

Ingredients



- 1 lb of ginger
- Maple syrup to taste or a sweetener of your choice
- 10 cups of water
- Juice of a lime
- 2 cinnamon sticks
- 1 tablespoon of brown rice
- 6 cloves
- 1 teaspoon of vanilla extract
- Rum or rum essence (optional)

Utensils



- Measuring cup
- Measuring spoon
- Large pot
- Strainer
- Large juice jug
- Wooden spoon

Directions



- 1) Peel the ginger and grate it.
- 2) In a large pot add the ginger, clove, cinnamon stick, rice and water.
- 3) Simmer on low— medium heat for 5 minutes.
- 4) Remove the pot from the stove and allow it to cool. If you are using granulated sugar stir it in now. Add the lime juice.
- 5) Cover the pot and place it into the refrigerator for several hours or up to week.
- 6) When you are ready to serve, strain the juice using a strainer.
- 7) Stir in the sweetener add rum/ rum essence and vanilla extract. You can add more water if the juice is too strong.
- 8) Chill and serve over ice.

Difficulty:



Overall Rating:



GUINNESS PUNCH



The Jamaican Guinness Punch is a creamy and smooth drink with a perfect combination from the bitterness of the Guinness and the sweetness of the condensed milk. It is an easy blended drink to make and is even easier to gulp down. For those who be sceptical about the use of the egg in the recipe, it is optional and can be omitted from the recipe, keep in mind though that you won't smell or taste the egg in the juice.

Recipe



Time: 15 minutes

Prep: 10 minutes

Cooking: 5 minutes

Ingredients



- 1 bottle of Guinness (12 oz.)
- 1 (9.8 oz.) can of Vanilla Supligen
- 1/2 teaspoon of nutmeg
- 1/4 teaspoon of cinnamon
- 1 teaspoon of vanilla extract
- 1/2 cup of sweeten condensed milk
- 1 large egg (optional)
- Whipped cream and grated nutmeg, to garnish (optional)

Utensils



- Measuring cup
- Measuring spoon
- Blender
- Large pitcher/juice jug

Directions



- 1) Pour the Guinness, Vanilla Supligen or whole milk, vanilla extract, egg (optional) and sweeten condensed milk in a blender and blend together.
- 2) Then add the cinnamon and nutmeg and blend. Taste with a spoon for sweetness and adjust if needed with more sweetened condensed milk.
- 3) Pour the liquid mixture into a large pitcher/jug with a lid. Allow to chill in the refrigerator for about an hour, before serving. If not, then pour it over some ice in a serving glass.
- 4) Garnish with whipped cream and then some grated nutmeg on top.
- 5) Serve and enjoy.

Difficulty:



Overall Rating:



IRISH MOSS



This exquisite Jamaican beverage can be likened to the nectar of the gods, being that it is not only smooth, delicious and incredibly creamy but is also great for strength, stamina and libido. Go ahead give it a try. (Gum Arabic is also known as gum acacia is a natural gum made of hardened sap from two species of the acacia tree).

Recipe



Time: 14 hours

Prep: 8 hours

Cooking: 6 hours

Ingredients



- $\frac{3}{4}$ lb of Irish Moss
- 3 oz. of gum arabic
- 1 can of sweetened condensed milk
- $\frac{3}{4}$ lb of sugar
- 5 oz. of isinglass
- 5 oz. of linseed
- 3 tablespoons of vanilla extract
- 5 qt. of water
- 2 tablespoons of powdered nutmeg

Utensils



- Measuring cups
- Measuring spoons
- Large pot
- Strainer
- Large juice jug

Difficulty:



Overall Rating:



Directions



- 1) Place the Irish Moss in water overnight. (One part Irish moss to two parts water. Optionally can cook right away however you will have to cook it longer).
- 2) Place 5 qt. water in a pot and bring to a boil
- 3) Add Irish Moss, gum arabic, isinglass, and linseed.
- 4) Cook for $\frac{3}{4}$ hour until all the ingredients, with the exception of the Irish Moss, has dissolved.
- 5) Pour the liquid into a strainer into another container. Throw away the boiled Irish Moss.
- 6) Add the rest of the ingredients to the liquid and mix well. Boil for an additional 10 minutes.
- 7) Let the mixture cool and then place in the refrigerator for 5 hours before severing.

JAMAICAN ME CRAZY



Have you been transported to a tropical paradise worthy of utopian fables? No, you haven't you've just had a tall glass of this Jamaican Me Crazy cocktail and are inexplicably lost in the depth of tropical flavours courtesy of the ingredients that this cocktail contains. Relax, have another glass and be instantly transported to the sun kissed, white— sandy beaches that line the Jamaican shore.

Recipe



Time: 20 minutes

Prep: 10 minutes

Cooking: 10 minutes

Ingredients



- 1 oz. of Jamaican White Rum
- 1 oz. of Jamaican Coconut Rum
- 1 oz. of Banana Liqueur
- 2 oz. of pineapple juice
- 2 oz. of passionfruit juice

Utensils



- Measuring cup
- Shaker

Directions



- 1) Add some ice to a shaker and pour over 1oz each of white rum, coconut rum, and banana liqueur.
- 2) Add 2oz each of pineapple and passion fruit juice. Shake or stir vigorously.
- 3) Add ice to a highball or hurricane glass. Strain shaker over ice.

Difficulty:



Overall Rating:



JUNE PLUM JUICE



This recipe yields a beautifully vibrant, slightly sweet, refreshing fruit juice packed with the distinct island flavour of one of Jamaica's most popular fruit with a powerful kick of spicy Jamaican gingers. The drink is exceptional when fully chilled and served over ice. So, sit back relax and enjoy a taste of Jamaica.

Recipe

Time: 20 minutes

Prep: 10 minutes

Cooking: 10 minutes

Ingredients



- 12 June plums, washed, seeded and diced
- 2 oz. of Jamaican ginger, washed, peeled and chopped
- 10 cups water
- 1.5 cups granulated cups sugar

Utensils



- Measuring cup
- Blender
- Large juice jug

Directions



- 1) Add all ingredients, in a blender.
- 2) Blend on high speed until smooth.
- 3) Strain into a large juice jug and sweeten with sugar to taste.
- 4) Place in a refrigerator to chill.

Difficulty:



Overall Rating:



MANGO MOJITO



This recipe for Jamaican Mango Mojito is the quintessential summer cocktail with its light, citrusy, minty— fresh flavour. This drink is ultra—refreshing and cooling, ideal on hot, sweltering summer days and perfect for pool lounging or a back yard barbecue with friends and family.

Recipe



Time: 20 minutes

Prep: 5 minutes

Cooking: 15 minutes

Ingredients



- ½ of a mango, diced
- 5 mint leaves, plus extra for garnish
- 1 teaspoon of brown sugar
- 2 oz. of Jamaican White Rum
- juice from half a lime
- club soda
- ice cubes, to fill the glass

Utensils



- Measuring cup
- Measuring spoon
- Cocktail shaker

Directions



- 1) Muddle together sugar, mint, lime juice, and mango in a cocktail shaker. Pour in rum and muddle to combine.
- 2) Fill a highball or Collins glass with ice, pour the mojito over the ice and top with club soda.
- 3) Garnish with a sprig of mint.

Difficulty:



Overall Rating:



OLD JAMAICAN



This drink inexplicably relates one thing; Respect your elders. This cocktail is not only classic, but exceptionally refreshing and rejuvenating as well. Bask in how exceptional simplicity can taste.

Recipe



Time: 15 minutes

Prep: 10 minutes

Cooking: 5 minutes

Ingredients



- 1 sprig of fresh mint
- 1 oz. of lime juice, freshly squeezed
- 1 1/2 oz. of Appleton Estate Reserve rum
- 3/4 oz. of pure cane simple syrup
- 1 dash of Angostura bitters
- Champagne, to top

Utensils



- Measuring cup
- Cocktail shaker
- Strainer

Directions



- 1) In a shaker, gently muddle the mint and lime juice.
- 2) Add the rum, simple syrup and bitters, fill with ice, and shake until well-chilled.
- 3) Strain into a highball glass filled with fresh ice.
- 4) Top with Champagne and garnish with a mint sprig

Difficulty:



Overall Rating:



PEANUT PUNCH



Peanut punch is a popular Jamaican beverage commonly made from a combination of peanut, water, sweetened condensed milk, vanilla, nutmeg, cinnamon. On the island it is considered as an aphrodisiac and is particularly beloved for providing stamina, protein, calcium and boundless energy. Throughout Jamaica this drink is sold by punch men, affectionately called punchy, who in relation to the peanut also concoct the beverage with a local strain of seaweed used to make the Irish moss and oats.

Feeling a little lethargic? Get your punch on with this classic Jamaican favourite. This beverage is creamy, smooth and nutritious. This Peanut Punch, due to its rich taste has reached cult status. It's the kind of Peanut Punch that dreams are made of. But don't take my word for it, whip up a glass of your own and experience it for yourself.

Recipe



Time: 15 minutes

Prep: 5 minutes

Cooking: 10 minutes

Ingredients



- 1 cup of raw peanut, shelled
- 3 cups of water
- 1 9.6oz of Vanilla Supligen
- 1 11oz bottle of Guinness Stout
- 1/4 teaspoon of cinnamon powder
- 1/2 tablespoon Vanilla extract
- 1/2 teaspoon Grated Nutmeg
- 1 can Sweetened Condensed Milk

Utensils



- Measuring cup
- Measuring spoons
- Blender
- Large metal spoon
- Large juice jug

Directions



- 1) Add the raw peanuts and 3 cups of water to a blender and blend together.
- 2) Place a sieve or cheese cloth over a large pitcher or any other container and strain the peanut mixture, little by little. Discard the pulp. However, if you have a high power blender that can puree the raw peanut for you not to taste any grains, then you can choose not to strain it through a sieve.
- 3) Add the vanilla supligen, Guinness stout, sweetened condensed milk, vanilla extract, grated nutmeg and cinnamon powder and stir together. Taste to make sure it is sweet enough for you. If it's not sweet enough, add more sweetened condensed milk.
- 4) Pour into a tall glass over ice cubes or put it in the refrigerator to chill

Difficulty:



Overall Rating:



PINEAPPLE GINGER COOLER



This Pineapple Ginger Juice Drink is sweet, tangy with a kick of spice yet deliciously refreshing. This is the perfect treat for hot, sweltering summer days.

Recipe

Time: 20 minutes

Prep: 10 minutes

Cooking: 10 minutes

Utensils

- Measuring cups
- Measuring spoon
- Large sauce pan
- Blender
- Strainer
- Large juice jug
- Large metal spoon

Difficulty:



Overall Rating:



Ingredients

- 10 cups of ripe pineapple, chopped
- Pineapple skin from the ten cups of pineapple, washed
- 1 inch of ginger root, chopped
- 5 – 6 cups of water
- 3 – 4-inch of ginger root, chopped
- 2 tablespoon of lime juice
- 1/4 cup of sugar

Directions

- 1) In a large sauce pan set on enough water to cover pineapple skins and the 1 inch of chopped ginger. Boil until pineapple skin is tender. Set aside to cool.
- 2) In a high speed blender, add the cooked pineapple skin and the ginger to the blender. Blend them using the water in which they were boiled. Strain and set aside. Discard pineapple skin.
- 3) In the same blender, add the chopped pineapple, ginger root and the water to a high speed blender. Blend on high for approximately 15 seconds more until the pieces of pineapple are blended smooth. Remember to blend the pineapple in batches using even water to cover them.
- 4) Strain the juice into a large bowl. Using a large spoon, stir and press the mixture through the strainer until only dry fibrous pineapple pieces remain. Discard the dry pulp
- 5) In a large juice jug combine the juice extracted from the pineapple skin and the juice extracted from the chopped pineapple. Add the lime juice and sugar. Mix until combined.
- 6) Place juice jug into the refrigerator and chill

RUM PUNCH



You may want to excuse the kids from the dinner table with this one. Not only does this Jamaican Rum Punch contain all the flavours of a classic fruit punch but it additionally has a grown-up kick to it with the addition of the Jamaican White Rum and dark rum. Also known as Planter's Punch, the Jamaican Rum punch tastes so rich and quenches thirst so well, you'll want to down the entire thing in one gulp! It is said to have originated here in Jamaica where a local planter's wife made the refreshing beverage to keep workers on the plantation hydrated. There are many varying recipes for Rum Punch, whichever one you choose just remember "one of sour, two of sweet, three of strong and four of weak."

Recipe



Time: 10 minutes

Prep: 5 minutes

Cooking: 5 minutes

Ingredients



- 2 cups of pineapple juice
- 2 cups of orange juice
- 1 cup of Wray & Nephew Over-proof White Rum
- 1/2 cup of Dark Rum
- 1 cup of Fruit Punch Syrup
- 1/2 cup Lime Juice
- Ice cubes

Utensils



- Measuring cups
- Large pitcher
- Large Metal spoon

Directions



- 1) In a large pitcher, pour the orange juice, pineapple juice, lime juice, fruit punch syrup, white rum and dark rum and mix together.
- 2) Fill each individual glass with ice cubes.
- 3) Pour the rum punch over the ice cubes in each glass.
- 4) Garnish each glass if you choose to and serve

Difficulty:



Overall Rating:



SCOTCH BONNET MARGARITA



This is the perfect tropical cocktail that not only refreshes and rejuvenates you from inside and out, but also brings the beach to you. The ingredients combine in such a way that if you close your eyes and listen real hard you'll hear the waves crashing against Jamaica's white sandy beaches and reggae music echoing from the comfort of your own home.

Recipe



Time: 15 minutes

Prep: 5 minutes

Cooking: 10 minutes

Ingredients



- Pineapple, cut into 1-inch thick slices
- 1/2 cup of granulated sugar
- 1/2 cup of water
- 1 Scotch Bonnet pepper
- Crushed ice
- 1/2 oz. of simple syrup
- 1 oz. of pineapple juice
- 1 oz. of Mango juice
- 2 oz. of Jamaican White Rum
- Splash of lime juice

Utensils



- Measuring cups
- Grill/frying pan
- Bowl
- Sauce pan

Difficulty:



Overall Rating:



Directions



- 1) Preheat the grill/frying pan to medium-high and oil it lightly. Grill pineapple for 4–5 minutes on each side, until you get nice grill marks and it begins to soften slightly.
- 2) Place the grilled pieces in a bowl and allow to cool completely in the refrigerator.
- 3) Add sugar and water to a sauce pan to simmer until the liquid starts to form a syrup for roughly 5 minutes then add scotch bonnet pepper and allow to steep and cool.
- 4) Add crush ice, simple syrup, lime juice, rum, pineapple juice and mango juice. Mix together incorporating thoroughly.
- 5) Chill and serve over ice. Garnish with grilled pineapple slices

SORREL



Sorrell, this classic Jamaican drink is a staple that every Jamaican should know to whip up. Sweet, spicy and oh so delicious, serve your friends and family with this drink over ice to compliment the exquisite flavours of the beverage to perfectly tie everything together.

Recipe

Time:

1 day 15 minutes

Prep: 15 minutes

Cooking: 1 day

Utensils



- Measuring cups
- Large bowl
- Large Sauce pan
- Strainer
- Large metal spoon
- Large juice jug

Difficulty:



Overall Rating:



Ingredients



- 2 lb of sorrel
- 1 oz. of ginger
- 1 piece of dried orange peel
- 6 whole cloves
- 12 cups of boiling water
- 2 cups of sugar
- 1/4 cup of white rum
- 1 cup of Jamaican Red Label wine

Directions



- 1) Wash sorrel, crush or grate ginger.
- 2) Place sorrel, ginger, orange peel and cloves in a stainless steel container.
- 3) Pour on boiling water, cover and leave to infuse for 24 hours. Strain, add sugar, rum and red wine and mix well.
- 4) Pour into a large juice jug and serve.

SCURSOP JUICE



Made from the soursop fruit, this juice is packed with powerful and attractive scents and flavours that perfume the local stalls of market women. Its sweet and mildly sour flavours make it a local choice for a cooling summer refresher. Smooth, creamy, sweet and nutritious.; this Soursop juice is the thing of legends.

Recipe

Time: 25 minutes

Prep: 15 minutes

Cooking: 10 minutes

Utensils



- Measuring cups
- Measuring spoon
- Blender
- Large juice jug

Difficulty:



Overall Rating:



Ingredients



- 1 lb of soursop peeled, seeded & sliced
- 1 ½ cups of milk
- 5 tablespoons of sugar (add more or less to taste)
- 1 cup of crushed ice
- 1 squeezed lime (optional)

Directions



- 1) Blend the soursop, milk & sugar in blender.
- 2) Add ice, lime & blend again till smooth. Add sugar if needed.
- 3) Remove and place in a large juice jug.
- 4) Chill and serve over ice.

SUGARCANE JUICE



If you want sugar, this juice will pour it on you. Excuse the lame attempt at referencing famous food pun songs. But in all seriousness sugarcane juice is pleasantly sweet, addicting and packed with an expanse of spicy sweet heat courtesy of the ginger. Treat yourself to a large glass and revel in magnificence of one of Jamaica's most popular crops.

Recipe



Time: 13 minutes

Prep: 3 minutes

Cooking: 10 minutes

Ingredients



- 3 cups of sugar cane (peeled & chopped in to small pieces)
- 1 tablespoon of lemon juice
- 2 tablespoons of grated ginger
- 1 cup water

Utensils



- Measuring cups
- Measuring spoons
- Blender
- Fine strainer.
- Large metal spoon
- Large juice jug

Directions



- 1) Purée all the ingredients in a blender.
- 2) Use a sieve cloth or fine strainer to filter the juice into a container to remove the sugar cane and ginger husk.
- 3) Sweeten juice with sugar as needed. Chill for several hours and serve over ice.

Difficulty:



Overall Rating:



YAM PUNCH



Tastes like a creamy milkshake. I don't know how that's even possible, but seriously, it really does – try it for yourself and see! you'll be surprised at the rich decadence this punch has to offer. If you fancy making this punch a tad bit fancier, you may add additional fruits into the mix. Consider strawberries, blueberries or cherries. No yams? You can make an alternate version of the shake with sweet potatoes. A sprinkling of grated cinnamon on top makes for a fancy display.

Recipe



Time: 30 minutes

Prep: 20 minutes

Cooking: 10 minutes

Utensils



- Measuring cups
- Measuring spoons
- Blender
- Large metal spoon
- Large juice jug

Difficulty:



Overall Rating:



Ingredients



- 1 cup of yellow yam, peeled and boiled
- 2 cups of water (this should be the same water that the yam was boiled in)
- 1 bottle of Dragonstout
- 1 teaspoon of vanilla
- 1/4 cup of honey
- 1/2 teaspoon of nutmeg
- 1 cup of sweetened condensed milk

Directions



- 1) Place boiled sweet potatoes and 2 cups water in which it was boiled into a blender.
- 2) Add one bottle stout, vanilla, honey, nutmeg and sweetened condensed milk and blend for one minute.
- 3) Pour into a large juice jug, stirring to combine the ingredients. Refrigerate for several hours and serve chilled.

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