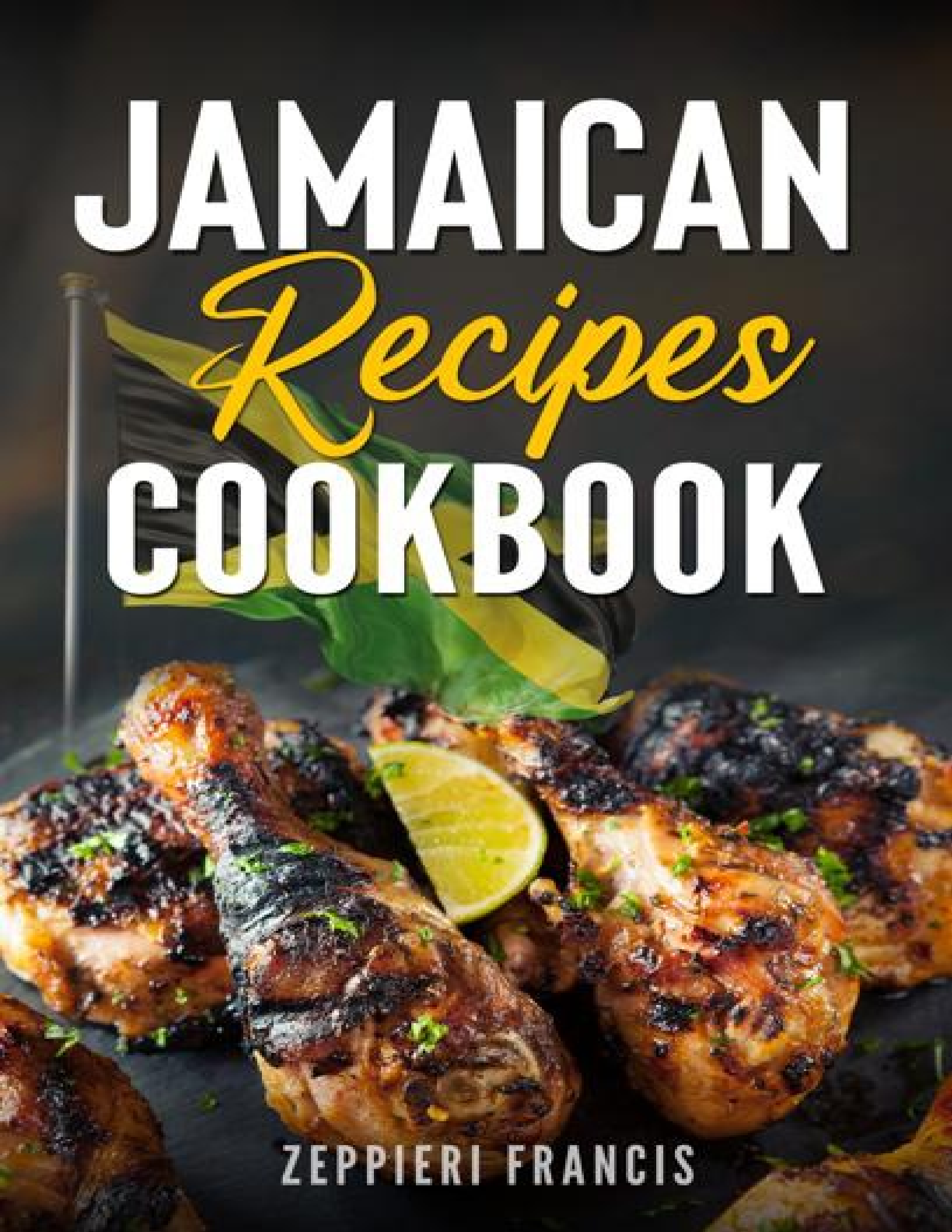


JAMAICAN *Recipes* COOKBOOK

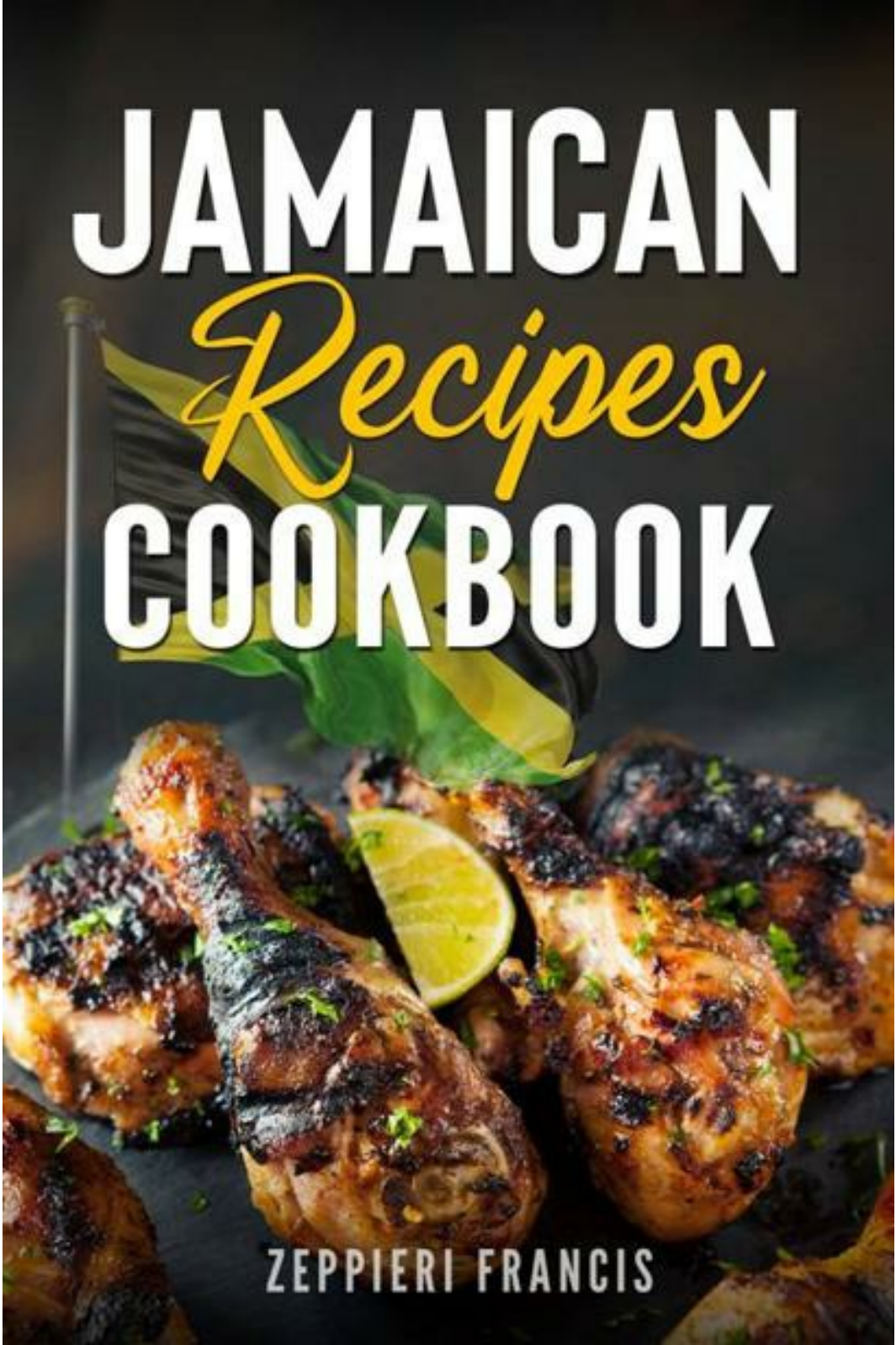
A close-up photograph of several pieces of grilled chicken, likely drumsticks and thighs, arranged on a dark surface. The chicken is charred with visible grill marks and is garnished with fresh green herbs and a slice of yellow lemon. A small metal skewer is visible in the background, and a green leafy vegetable is partially visible behind the chicken.

ZEPPIERI FRANCIS

Jamaican Recipe Book

Zeppieri Francis

Published by Zeppieri Francis, 2022.

The background of the cover is a photograph of a plate of Jamaican jerk chicken. The chicken is dark and charred, garnished with green herbs and a lime wedge. A small Jamaican flag is visible in the background.

JAMAICAN *Recipes* COOKBOOK

ZEPIERI FRANCIS

TABLE OF CONTENTS

BREAKFAST

[Jamaican cake](#)

[Jamaican coconut drops](#)

[Peanut Porridge](#)

[Jamaican Fried Dumplings](#)

[Lemon Crepes](#)

[Buttermilk Pancake](#)

[Jamaican gizzada](#)

[Jamaican Peanut cake](#)

[Ackee, Salted Cod Fish](#)

[Peanut with Porridge](#)

[Cornmeal with Milk](#)

[Kidney beans recipe](#)

[Chips Jamaican](#)

[Steam Callaloo](#)

[Fish with Eggs](#)

[Dumplings Fluffy](#)

[Pudding Bread](#)

[Cornmeal Porridge](#)

[Banana Porridge](#)

[Cinnamon Buns](#)

[Rasta Bites](#)

JAMAICAN SNACK AND APPETIZER

[CheesePlatter](#)

[BananaChips](#)

[FriedDumplings](#)

[Codfish Balls](#)

[SautéedPlantains](#)

[Potato Balls](#)

[Solomon Gundy](#)

[FishFritter](#)

[Tamarind Balls](#)

[YucaFries](#)

[Jamaican Deviled Eggs](#)

[LimboPlantain](#)

[Sweet PotatoFries](#)

[PlantainPatties](#)

[KidneyBeansRice](#)

[Jamaican Beef Patties](#)

[Apple CiderChicken](#)

[Chicken Ribs](#)

[Green Onion Chicken](#)

LUNCH

[Jamaicanblue draws](#)

[Jamaicancornmealpudding](#)

[Jamaican Jackass corn/Donkeycorn](#)

[Jamaicanash-am](#)

[Jamaicanredpeassoup](#)

[Jamaican gun-go peassoup](#)

[Jamaican jerkchicken](#)

[Jamaicancurrychicken](#)

[Jamaican stewchicken](#)

[Jamaican rice and peas](#)

[JamaicanCurrygoat](#)

[Jamaican barbecue chicken](#)

[Jamaican steam fish and crackers](#)

[Jamaican ackee and salt-fishwith fried breadfruit](#)

[Jamaican callaloorice](#)

[Jamaican Pumpkinrice](#)

[Jamaicanstewpork](#)

[Jamaicanjerkpork](#)

[Jamaicanseasonedrice](#)

[Jamaican Baked fish](#)

[Jamaicanfryplantain](#)

[Jamaican Salt-fish Fritters](#)

[JamaicanBananafritters](#)

[Jamaicanfrydumpling](#)

[Jamaicanpotatosalad](#)

[Jamaican rawveg](#)

[Jamaican festivals](#)

[Jamaicanbammy](#)

[Jamaicanboildumplings](#)

[Jamaicanboiledgreenbananas](#)

JAMAICAN SMOOTHIE

[GrapeSmoothie](#)

[Jamaicansorrel](#)

[Jamaican June plumjuice](#)

[Jamaican mangojuice](#)

[Jamaicanpineandginger](#)

[Jamaican soursopjuice](#)

[Jamaican Carrotjuice](#)

[Jamaican beetrootjuice](#)

[Jamaican ribena juice](#)

[Banana MilkShake](#)

[Kiwi Honeydew Drink](#)

[JamaicanJava](#)

[PeanutPunch](#)

[Jamaican GingerBeer](#)

[Caribbean.Mocha](#)

[GrapeSmoothie](#)

JAMAICAN MAINDISH

[Peas Soup](#)

[Tamarind Chicken wings](#)

[Jamaican Jerked Pork Loin Chops](#)

[Chicken Gumbo](#)

[Shrimp Salad](#)

[Spicy Coconut Chicken Stew](#)

[Rice and Black Beans](#)

[Pumpkin Soup](#)

[Oxtail Stew](#)

[Stew Fish](#)

[Jerky Chicken](#)

[Split Peas Soup](#)

[Jamaican Meatballs](#)

[Caribbean Rice Beans](#)

[Jamaican Beef Stir-Fry](#)

[Squash with Salmon](#)

[Papaya Stew](#)

[Chicken Stew](#)

[Braised Ginger Pork](#)

[Oxtail Stew with Flour Dumplings](#)

[Rum Rubbed Chicken](#)

[Chicken in Spicy Sauce](#)

[Cooked Cow Liver](#)

[Jamaican Marinated Meat](#)

[Meat Pockets](#)

[Jamaican Fish](#)

[Shrimp in Spicy Sauce](#)

[Fish with Coconut Milk](#)

[Cabbage with Salmon](#)

[Squash with Salmon Fish](#)

[Pimento Chicken Wings](#)

[Special Goat Legs](#)

[Tamarind Chicken](#)

[Full Chicken Meal Jamaican](#)

[Jalapeño Cooked Pork](#)

[Cod and Beans](#)

[Tilapia with Veg](#)

[Plantain Patties](#)

[Green Onion Chicken](#)

[Kidney Beans Rice](#)

[Jamaican Beef Patties](#)

[Apple Cider Chicken](#)

[Chicken Ribs](#)

JAMAICAN DESSERT

[Coconut Rock Buns](#)

[Pina Colada](#)

[Jamaican Coconut Drops](#)

[Jamaica Crunch](#)

[Orange Cranberry Sauce](#)

[Caramel Swirl Brownies](#)

[Grapefruit Cheesecake](#)

SOUPS

[Spicy Tail Stew](#)

[Jamaican Pumpkin Stew](#)

[Green Soup](#)

[King Fish Soup](#)

[Jamaican Vegetarian Stew](#)

[Coconut Milk Curry](#)

[Jamaican Style Chicken Bites](#)

BREAKFAST



Jamaican cake



PREP DURATION: 20 min. COOKING DURATION: 35 min. SERVE: 2

INGREDIENTS

- 2 cups of granulated sugar
- 1/4 cup(s) of water
- 3 cup(s) dry coconut
- 1 tsp red food coloring
- 1/8 tsp almond essence
- 1/4 tsp salt

DIRECTION

1. Peel a brown piece of coconut, wash, grate and set it aside except for.
2. In a bowl, mix grateful coconut, granulated sugar and water
3. and we cook. Reduce flame to medium, mix in salt and almond
4. essence. Let run continuously until the mixture thickens.
5. Remove 1/3 of the prepared mixture; add a little red food
6. color that gives a dangerous pink color. Scrape the remaining coconut mixture into the fat pot and spread it evenly.
7. Spread the pink color coconut evenly on the white mixture.
8. Leave on for around 25-30 minutes or until cool enough.
9. Cut and serve.

Jamaican coconut drops



PREP DURATION: 35 min. COOKING DURATION: 60 min. SERVE: 4

INGREDIENTS

- 2 cup(s) of dry coconut, diced
- 4 cup of water
- 1 tbsp ginger
- 1 1/2 of cup dark sugar

DIRECTION

1. Put water to boil, add minced coconut and boil for approximately 40twinkles.
2. Add sugar and gusto and continue boiling until the admixture
3. becomes thick(about 30- 35 twinkles).
4. Drop by soup spoons full on a green banana splint or on a wet cookie distance.
5. Allow to cool until the drops have completely set.

Peanut Porridge



PREP DURATION: 10 min. COOKING DURATION: 35 min. SERVE: 4

INGREDIENTS

- 5 cups of water
- 2 cups raw peanut

- 1/3 cup sugar
- 1 cup oatmeal, powdered
- ¼ cup condensed milk
- 2 teaspoons cinnamon powder
- 3 teaspoons salt
- 1 tbsp. vanilla
- 1 tsp nutmeg

DIRECTION

1. Add 4 cups of water and raw pea- nuts in pan, cook for 15 minutes and take out from the heat.
2. After cooling, transfer to a blender, mix and place in a pan, cook for around 5 minutes.
3. Add remaining ingredients slowly. If it is very thick, add water and seeds for 10 minutes.
4. Enjoy

Jamaican Fried Dumplings



PREP DURATION: 20 min. COOKING DURATION: 25 min. SERVE: 2-3

INGREDIENTS

- ¼ cup of Water
- 1 tbsp. Margarine, melted
- 1 tbsp. of Baking Powder
- 4 cups of All-Purpose Flour
- ½ cup of Milk
- 1 ½ cups of Vegetable Oil
- 2 tbsp. Granulated Sugar
- 1 tsp Salt

DIRECTION

1. Take a bowl, mix sugar, 3 cups flour, baking powder, water, salt, and margarine and mix all well. Now add milk and keep mixing it; then add remaining flour, knead well, make a smooth dough.
2. Put the tea for half an hour to relax in a container covered with air.

3. In other large Dutch pot or pot, warm vegetable oil and roll the tea into individual pieces.

Lemon Crepes



PREP DURATION: 5 min. COOKING DURATION: 15 min. SERVE: 4

INGREDIENTS

- 3 large eggs
- 1 cup almond milk
- ½ tbsp. granulated Swerve
- 1 cup almond flour
- A pinch of salt
- 1 tbsp. of lemon juice
- 1 tsp of butter
- ¾ cup powdered Swerve

DIRECTION

1. In a bowl, mix almond milk, eggs, granulated swerve, salt, and almond flour until well incorporated. Grease a frying pan with cooking spray and set over moderate heat. Cook the crepes until the edges start to brown, about 2 minutes.
2. Flip, cook for more 2 minutes; now repeat the process. Put the crepes on a plate. In the same pan, mix powdered Swerve, butter and ½ cup of water; simmer for 6 minutes as you stir.
3. Add in lemon juice and allow to sit until the syrup is thick. Pour the syrup over crepes. Serve.

Buttermilk Pancake



PREP DURATION: 5 min. COOKING DURATION: 15 min. SERVE: 4

INGREDIENTS

- ½ cup buttermilk
- 3 eggs
- ½ tsp of baking powder
- ½ cup almond flour
- 1 tbsp. Swerve
- 1 lemon, juiced
- 1 vanilla pod
- 2 tbsp. of unsalted butter
- 2 tbsp. of olive oil
- 3 tbsp. sugar-free maple-syrup
- Blueberries to serve
- Greek yogurt to serve

DIRECTION

1. Take a bowl, beat buttermilk, lemon juice, and eggs. Take another bowl and mix baking powder, almond flour, and Swerve. Fold in the egg batter and beat until smooth. Cut the vanilla pod open and scrape the beans into the flour mixture. Stir to incorporate evenly.
2. Take a skillet, melt a quarter of the butter and olive oil and spoon in 2 tablespoons of the pancake mixture in the pan. Now cook for
3. 4 minutes, until small bubbles appear. Flip it and cook again for roughly 2 minutes, until set and golden.
4. Repeat the cooking until the batter finishes using the remaining butter and olive oil in the same proportions. Plate the pancakes, drizzle with maple syrup, top with yogurt; scatter some blueberries on top.

Jamaican gizzada



PREP DURATION: 35 min. COOKING DURATION: 45 min. SERVE: 2

INGREDIENTS

- 1/2 tbsp. sugar
- 1 pound of pastry flour
- 1/4 pound of Grace Margarine, cold
- 1/8 tsp salt
- 1/4 pound of
- shortening, cold
- 3/4 cup of cold water

DIRECTION

1. In a large size mixing bowl, Put flour, salt, and sugar combine well.
2. Shred the cold shortening and margarine, add flour mix,
3. rub in to turns the mixture into fine breadcrumbs.
4. Now add cold water in flour mixture, mix it gently, make a
5. pastry dough. Do not knead.
6. Now cover; put in refrigerator to relax for nearly
7. 15-18 minutes.
8. Dust the work surface lightly with flour.
9. Place pastry dough on it
10. To roll out the pastry, use a lightly floured rolling pin.
11. Cut rolled pastry into 3 1/2 or 4 inch circles.
12. Fold the edge by using thumb of one hand and thumb and fore finger of the other hand.
13. Fill each circle with about 3 tbsp. coconut mixture and lace on a cookie sheet.
14. Now bake in pre-heated oven at approximately 205 degrees C
15. or 400 degrees F for 15-20 minutes.

Jamaican Peanutcake



PREP DURATION: 10 min. COOKING DURATION: 60 min. SERVE: 6

INGREDIENTS

- 5 tbsps. of shredded ginger (or to taste)
- 2 cups roasted peanuts 3 cups dark sugar
- 1 cup water

DIRECTION

1. Boil water on high heat and add sugar ginger and peanuts.
2. Turn off the heat after water has evaporated.
3. Set a sheet of wax paper on table then scoop out the peanuts
4. by the spoon, place on the sheet.
5. The peanuts must be roughly 1 to 2 inches apart
6. Now let the peanuts cool down for approximately 30 minutes

Ackee,SaltedCodFish



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1/2 lb. Dried Salted Cod Fish
- 1 Canned Jamaican Ackee

- 1 Large Onion (sliced)
- 1/2 tsp ThymeLeaves
- 2 Stalks Scallion (cut up)
- 1/ 4 teaspoons Marjoram
- 1 tsp o f Black Pepper
- 4 Tomatoes
- 2 Slices Bacon
- 1 teaspoon Accent (optional)
- 1 Cup Oil

DIRECTION

1. Soak codfish overnight in water.
2. Drain and boil codfish in enough water to cover it for about 7 minutes.
3. Now drain and break up codfish in small pieces (remove bones).
4. Cut up bacon/ salted pork into small pieces.
5. In saucepan heat oil, add bacon/ pork and fry until golden brown, then add onion, scallion, tomato, accent, and sauté until onion and tomato is soft.
6. Add codfish and let simmer about 1 min.
7. Drain water from ackee and add to sauce, add black pepper, and use a spoon to blend all together.
8. Serve with boiled green bananas.

Peanut with Porridge



PREP DURATION: 10 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 1/3 cup of sugar
- 2 cups raw peanut
- 5 cups of water
- 1 cup oatmeal, powdered
- ¼ cup condensed milk
- 2 teaspoons cinnamon powder
- 3 teaspoons salt
- 1 tbsp. vanilla

- 1 tsp nutmeg

DIRECTION

1. Take a saucepan and add 4 cups water and raw peanuts, then let them-boil for 15 minutes and remove from heat.
2. Once it cools, transfer into a blender, blend and pour into a pot, to cook for about 5 minutes.
3. Gently stir in the rest of the ingredients. If too thick, add some water; then let it simmer for nearly 10 minutes.
4. Serve.

Cornmealwith Milk



PREP DURATION: 5 min. COOKING DURATION: 15 min. SERVE: 2

INGREDIENTS

- 1 cup milk cornmeal
- 4 cups of water
- 1/2 cup sweetened condensed milk
- 1 cup fine cornmeal
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon vanilla
- Sugar to taste
- 1 teaspoon cinnamon

DIRECTION

1. Take a bowl and mix one cup of water with the cornmeal.
2. In a saucepan, gently boil the milk and 3 cups of water, and add salt to combination.
3. Lower the heat and add the corn- meal mixture. After that, just stir every now and then. You can al- ways add milk for a thinner consistency.
4. Add the nutmeg, the sugar, the vanilla, the cinnamon, the condensed milk and, stir for another 5 minutes.

Kidney beansrecipe



PREP DURATION: 10 min. COOKING DURATION: 100 min. SERVE: 4

INGREDIENTS

- 2 cloves smashed garlic
- 4 cups cold water
- 3 green sliced onions
- 1 chopped Scotch Bonnet pepper
- Thyme
- Salt
- Pepper
- 1 1/2 cups of long grain rice
- 1 1/2 of cups dried red kidney beans
- 1 cup unsweetened coco- nut milk

DIRECTION

1. Add the water, the garlic and the beans a saucepan and boil them at medium heat for 1 and a half hour.
2. When the beans are soft, add rice, green onion, coconut milk, Scotch bonnet pepper, thyme, salt and pepper.
3. Simmer the composition for an- other 15 minutes, until the rice ab- sorbed most of the liquid.

Chips Jamaican



PREP DURATION: 10 min. COOKING DURATION: 10 min. SERVE: 2

INGREDIENTS

- Coconut Oil
- Salt
- 4 Plantains

DIRECTION

1. Level the plantain, cut thick slices and sprinkle with salt.
2. Take a pan and heat up the oil.
3. Now in hot oil, put the plantain in a pot and wait until it is golden.
4. Use a paper towel to remove excess oil.

Steam Callaloo



PREP DURATION: 10 min. COOKING DURATION: 100 min. SERVE: 4

INGREDIENTS

- 3 tbsp. oil
- Water
- 2 tsp Butter
- 1 chopped tomato
- 2 chopped cloves of garlic

- 1 chopped onion
- 2 chopped carrots
- 8 stems of callaloo
- 1 spring of thyme
- 2 tsp salt
- 1 tsp black pepper

DIRECTION

1. Put callaloo in a large mixing bowl, cover with the water.
2. Heat up the oil, add the crushed garlic, onion, tomatoes and thyme.
3. Remove callaloo from the water and remove the stem tops, flowers and the outer layer of bark on the stems.
4. Roll out the, callaloo leaves, cut into thin slices.
5. Now add callaloo, carrots and a little water in the pot. Then add salt, pepper, and butter to the mixture and let it rest for 15 minutes.

Fish with Eggs



PREP DURATION: 10 min. COOKING DURATION: 07 min. SERVE: 2

INGREDIENTS

- 2 table spoons of milk
- 1 small chopped onion
- 2 diced tomato
- 2 tablespoons of coconut oil
- 4 eggs
- 1 chopped scallion
- 1 small green pepper
- 1 tsp of seasoning
- 1 tsp of black pepper
- 1 can of sardines
- 1 tsp of salt

DIRECTION

1. Beat eggs and milk, taste.
2. Fry green pepper onion, and onion in coconut oil

3. When the vegetables are soft, add sardines, tomatoes, salt and black pepper.
4. Bake the omelet until turn golden brown on both sides.
5. Serve the omelet with Jamaican chips and avocado.

Dumplings Fluffy



PREP DURATION: 10 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 1/2 cup sugar
- Canola oil
- 1/2 tsp of kosher salt
- 4 cups of flour
- 4 tbsp. of unsalted butter
- 3/4 cup of milk
- 2 tablespoon baking powder

DIRECTION

1. Knead with sugar, flour, salt, butter and baking powder until small lumps are formed.
2. Add milk to the mixture, mix until get a sticky dough.
3. Cut the prepared dough into small pieces and give each place a round shape.
4. Take a large pan, heat up oil.
5. And then fry dough until turns golden. Place the buns on the paper towel to remove excess oil.

Pudding Bread



PREP DURATION: 10 min. COOKING DURATION: 45 min. SERVE: 4

INGREDIENTS

- 8 slices of white bread, lightly toasted
- ¼ tsp salt
- 2 ½ cups milk, scalded
- ⅓ cup of strawberry jam
- 2 tbsp. butter
- ⅓ cup of brown sugar
- ½ tsp cinnamon
- ⅓ cup raisins
- 3 eggs, slightly beaten
- ⅓ cup granulated sugar
- 1 tsp vanilla flavoring
- 1 teaspoon almond flavoring

DIRECTION

1. Take a bowl, mix 1 cup water with the cornmeal.
2. In a saucepan, gently boil the milk and 3 cups of water, and add salt to combination.
3. Lower the heat and add the cornmeal mixture. After that, just stir every now and then. You can always add milk for a thinner consistency.
4. Add the nutmeg, the sugar, the vanilla, the cinnamon, the condensed milk and, stir for another 5 minutes.

Cornmeal Porridge



PREP DURATION: 10 min. COOKING DURATION: 35 min. SERVE: 4

INGREDIENTS

- ¼ tsp Salt
- 1 tsp Vanilla
- 3 ½ cups of Water
- 1 oz. White Flour
- 4 oz. Cornmeal
- ½ teaspoons Cinnamon Powder
- ½ cup Sugar
- 1 cup Cow's Milk or Evaporated Milk

DIRECTION

- Take a mixing bowl, add all dry ingredients; mix with a half cup of water.
- Stir until all lumps have disappeared. Allow the remaining 3 cups of water to cool and mix in the dry mixture.
- Keep on low heat and stir constantly for another 8 minutes. Add cow's milk or evaporated milk and vanilla. Bake for another 2-3 minutes
- Put the porridge in bowls and serve hot to taste.

Banana Porridge



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1/2 cinnamon stick
- 1 pinch of salt
- 1 cup of coconut milk
- 6 green bananas, sliced
- 1 pinch of nutmeg
- 2 cups of milk

DIRECTION

1. In a food processor put a sliced banana with a little water and mix until smooth.
2. Now in a frying pan, mix the green banana with other ingredients.
3. Bake for 25 minutes over low heat.
4. Put the cooled porridge in serving bowls.

Cinnamon Buns



PREP DURATION: 5 min. COOKING DURATION: 15 min. SERVE: 2

INGREDIENTS

- 1/2 cup butter
- 3/4 cup of milk
- 3/4 cup granulated sugar
- 4 tsp baking powder
- 3 cups of all-purpose flour
- 1 tsp of salt
- 1/4 cup of brown sugar
- 1/2 cup raisins
- 1/4 cup butter or margarine
- 1/4 cup of corn syrup
- 1/4 cup of brown sugar
- 2 tbsp. butter, softened
- 2 tsp of cinnamon

DIRECTION

1. At 350°F preheat the oven.
2. Take a large and mix well baking powder, flour and salt.
3. Chop the butter/margarine, then add enough milk to form a soft dough.
4. Fry the dough for about an hour.
5. Bake granulated sugar, a cup of butter or margarine and brown sugar for one minute.
6. Go to the middle form for the muffins and then put them out. Mix corn syrup, butter or margarine, brown sugar, cinnamon and raisins and then add.
7. Transfer the dough on a slightly undulating surface. Now Roll it into a ¼-inch-thick rectangle.
8. Spread rose petals on the dough.
9. Roll out the dough, with a jelly roller from one long side to the other long side. Cut the roller to a width of about 1 to 1 inch.
10. Place in a large cookie dish with boiled sugar mixture, cut off the sides bake for approximately 40 minutes, until golden.
11. Now take out the pan, let it rest for roughly 5 minutes.
12. Store the sides with a table knife. Place the bowl on the pan and turn it over. Leave the pan on the plate for 5 minutes to turn the sugar mixture into a bowl.
13. Enjoy.

Rasta Bites

PREP DURATION: 10 min. COOKING DURATION: 40 min. SERVE: 6

INGREDIENTS

- 1 cup of coconut milk
- 3 tbsp. of vegetable oil
- 2 pounds of frozen cassava, grated
- 1 tsp. of salt 1 tbsp. of sugar

DIRECTION

1. Mix the grated cassava well with the cloth
2. Take a large size mixing bowl, add salt and sugar
3. Combine the mixture well
4. Now add the pan to medium temperature
5. Divide the mixture into 8 parts, form wheels out of them and place on a pan
6. Bake until golden on both sides
7. Take the dough and dip it in coco- nut milk
8. Refresh for another 3 minutes
9. Serve hot

JAMAICAN SNACK AND APPETIZER



Cheese Platter



PREP DURATION: 10 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 1\4 lb. Cheddar Cheese (grated)
- 3 Eggs
- 2 teaspoons Butter
- 1 Cup Milk
- 1\4 Hot Pepper (finely chopped)
- 1\2 Onion (finely chopped)
- 1 Stalk Green Onion
- 1\4 teaspoons Black Pepper
- Pinch of Salt

DIRECTION

1. Slowly fry the chopped onion, onion and pepper with butter.
2. Do not cook brown.
3. Beat the eggs and mix all the ingredients in a separate bowl.
4. Grease a baking dish and spoon the batter into it, bake at 350 degrees for about 20 minutes or less, being careful not to bake it too much

Banana Chips



PREP DURATION: 10 min. COOKING DURATION: 5 min. SERVE: 3

• **INGREDIENTS**

- Oil
- 6 green bananas
- 4 cups vegetable
- Salt, as needed
- Onion powder, as needed

DIRECTION

1. Using a very sharp knife, gently cut the bananas until they are about 1/8 inch thick.
2. Heat the heavy-bottomed oil to 350 degrees F.
3. The oil level should be about 2/3 above the pan.
4. Bake the bananas in batches in whole oil crispy and golden for about 4 minutes.
5. Move during frying so that they do not stick together. Remove the bananas and in a baking dish wrap them in paper wrapped.
6. Sprinkle over salt and onion powder as needed.

Fried Dumplings



PREP DURATION: 10 min. COOKING DURATION: 06 min. SERVE: 6

INGREDIENTS

- 4 cups of all-purpose flour
- 2 tsp of baking powder
- 1 cup of vegetable oil for frying
- 1 1/2 tsp salt
- 1/2 cup of butter
- 1/2 cup of cold water

DIRECTION

1. Take a large size bowl, mix flour, salt, and baking powder.
2. Mix butter until its pieces are pea- sized or smaller.
3. Shape the dough into balls by adding water (spoon) until the mixture is wet enough.
4. The dough will have a strong consistency. Knead for a while. In a heavy pan, warm the oil on moderate flame. Cut the dough into pieces and form flat biscuits.
5. Put the dumplings and fry in a pan for roughly 3 minutes from both side or when golden.
6. Make sure the dumplings are not full.
7. Use paper towels to wash.
8. Serve.

Codfish Balls



PREP DURATION: 15 min. COOKING DURATION: 10 min. SERVE: 3

INGREDIENTS

- 1/4 teaspoons Black Pepper
- 2 Cups Boiled Potatoes (mashed)
- 1 Cup Codfish
- 1 tablespoon Butter
- 1 Egg(beatened)
- Oil for Frying

DIRECTION

1. Wash the cod in cold water.
2. Cut the fish into small pieces.
3. Peel the potatoes and chop and cook the fish and potatoes until the potatoes are soft, then turn.

4. Using a potato chopper, mix and beat the fish and potatoes well.
5. Add butter and pepper. Cool a little and add the beaten eggs, then beat everything until smooth.
6. Using a spoon, make a flexible ball out of the mixture, throw it into deep fat and fry it until brown, about a minute or two.
7. Serve hot.

Sautéed Plantains



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 2

INGREDIENTS

- 2 tbsp. of butter
- 3 plantains, sliced

DIRECTION

1. In a medium size pan, melt butter.
2. Then add plantain slices, cook for few minutes on low to medium heat until soft. Now cook on high flame in last five minutes to caramelize them.
3. Serve warm.

Potato Balls



PREP DURATION: 20 min. COOKING DURATION: 10 min. SERVE: 4

INGREDIENTS

- 1 Cup Flour
- 3 lbs. Potatoes
- 1 Cup Bread Crumbs Seasoned
- Black Pepper and Salt to taste
- 2 Large eggs
- 1 tsp Thyme Leaves
- 1\2 teaspoons Marjoram
- 1\2 teaspoons Granulated Garlic

DIRECTION

1. Peel the potatoes, wash and cook with a little salt, then cool.
2. Make a dish on the lid from flour, salt, thyme, marjoram.
3. Take another bowl of bread, also for wrapping.
4. In an electric mixer beat the potatoes until turns smooth.
5. Separate the egg whites and beat lightly by a fork, then beat cherries in a separate bowl. Make balls of sliced potatoes, then: Wrap the balls in egg white, then in flour, then in the yolks and then in bread.
6. Make sure you dress well.
7. Fry until golden brown and serve hot.

Solomon Gundy



PREP DURATION: 10 min. COOKING DURATION: 00 min. SERVE: 4

INGREDIENTS

- ¼ cup vegetable
- 2 onions, finely chopped
- 1 lb. Smoked Herring
- oil
- 2 stalks scallion, finely chopped.
- 1/8 cup of vinegar
- 2 cloves garlic

- tsp of finely
- chopped Bird peppers according to taste

DIRECTION

- 1 Clean and remove the bones, then rinse with water to remove excess salt, and then beat the fish.
- 2 Next, mix all the ingredients.
- 3 Taste and mix to taste.
- 4 Store and store in a refrigerator.

Fish Fritter



PREP DURATION: 15 min. COOKING DURATION: 50 min. SERVE: 6-8

INGREDIENTS

- 2 Stalks Green Onion (chopped)
- 1\4 lb. Salted Fish
- 1 Hot Pepper (chopped)
- 1 Onion (chopped)
- 1 Whole Tomato (crushed)
- 1 teaspoon Granulated Garlic
- 1 teaspoon Thyme Leaves
- 1 tsp Baking Powder
- 1\4 tsp Marjoram
- 1 teaspoon Paprika
- 1 lb. Flour
- 2 Eggs
- 2 Cups Oil

DIRECTION

- 1 For 10 minutes soak the fish in lime juice and cook for about 5 minutes.
- 2 Fill the fish and mix all the ingredients with enough cold water to make the dough soft and sticky.
- 3 Fry on a tablespoon of hot oil on each side until golden.
- 4 Wash and serve with bread and butter for breakfast.
- 5 It can also be used with a tea-spoon and toothpicks to serve as a festive snack.
- 6 Serve hot.

Tamarind Balls



PREP DURATION: 10 min. COOKING DURATION: 5 min. SERVE: 4

INGREDIENTS

- 1lb. tamarinds
- 1lb. granulated sugar

DIRECTION

- 1 Salt the tamarinds and then rub the through a sieve.
- 2 Then mix the tamarind meat with the sugar.
- 3 Knead the plate until the mixture turns light.
- 4 Next, roll out small balls and place one seed on each ball.

- 5 We wrap the balls in crystal sugar. Also store in airtight glass containers.

Yuca Fries



PREP DURATION: 10 min. COOKING DURATION: 60 min. SERVE: 2

INGREDIENTS

- Salt
- 2 medium cassavas yuca
- 2 tbsp. olive oil

DIRECTION

- 1 First cut off the ends of the cassava.
- 2 Cut the cassava into wedges, about ½ “.
- 3 Bake (boil) the cassava wedges for 20 minutes.
- 4 Remove and empty paper towels.
- 5 Preheat oven to 450 0 F. Grease the cassava and sprinkle with salt.
- 6 Place purchased in a pan and bake them for 40 minutes.

Jamaican Deviled Eggs



PREP DURATION: 10 min. COOKING DURATION: 10 min. SERVE: 6

INGREDIENTS

- Dash of Pepper and Salt, to Taste
- large eggs, boiled and peeled
- 2 tbsp. Mayonnaise
- 1 tsp of Chinese Hot Mustard
- 2 teaspoons of Mustard

DIRECTION

- 1 In half length cut all the eggs wise and remove the egg yolks.
- 2 Add egg yolks in a medium bowl.
- 3 Add mayonnaise, hot mustard, yellow mustard, pepper and salt to a bowl of eggs and mash well.
- 4 Fill the proteins with egg mixture.
- 5 Garnish with a little pepper before serving.

Limbo Plantain



PREP DURATION: 10 min. COOKING DURATION: 5 min. SERVE:
2

INGREDIENTS

- teaspoons Salt
- 1 Large Green Plantain
- 1 Pint cold water
- Oil to fry

DIRECTION

- 1 Mix salt and water and plantain slices in the mixture for nearly 1 hour.
- 2 Now in a pan heat up the oil (enough to cover the stains) and fry each spot for a few minutes on both sides (not brown).
- 3 Transfer from the pot and roll each piece of plantain on a sheet of greaseproof paper until it is flat.
- 4 Put the flattened pieces back in the pot and fry until golden.
- 5 Dust with salt.

Sweet Potato Fries



PREP DURATION: 10 min. COOKING DURATION: 36 min. SERVE: 6

INGREDIENTS

- 2 large size sweet potatoes, peeled
- 2 tbsp. Olive oil
- Salt

DIRECTION

- 1 Preheat oven to 450 0 F.
- 2 Cut the sweet potato into slices.
- 3 Grease the sweet potatoes and sprinkle with salt.
- 4 Place purchased in a pan.
- 5 Now bake them for nearly 30 minutes, until-golden.

Plantain Patties



PREP DURATION: 25 MINUTES COOKING DURATION: 35 MINUTES

SERVE: 2-3

INGREDIENTS

- Salt as required
- Oil for frying
- 2 cups of flour
- 2 cups of butter
- 2 cups of milk
- 3 ripe plantains (cut in coins)

DIRECTION

- 1 Take a bowl and mix together butter and-flour in it.
- 2 Whisk it thoroughly with an electric beater and add salt while whisking.
- 3 Now add milk and mix well again.
- 4 Fill the patties with crushed plantain and create round patties.
- 5 Take a deep skillet, heat up the oil. Fry the patties in it for roughly 3 minutes. Take them out.
- 6 Have fun and serve the family when you are ready!

Kidney Beans Rice



PREP DURATION: 25 min. COOKING DURATION: 30 min. SERVE: 2

INGREDIENTS

- Pepper and salt as required
- 2 cups coconut milk
- 2 garlic cloves
- 2 onions
- 2 cups fresh thyme
- 2 cups red kidney beans
- 2 cups rice

DIRECTION

1. Boil the beans first.
2. Add onion, garlic, thyme and coconut milk to the bowl and mix together.
3. In a saucepan heat up oil and cook this mixture for 10 minutes.
4. Add pepper and salt to it and re- move the mixture. Cook rice in the same pan for 10 minutes. Now add bean mixture to the cooked rice, cook for a few minutes.
5. Enjoy.

Jamaican Beef Patties



PREP DURATION: 20 min. COOKING DURATION: 20 min. SERVE: 2-3

INGREDIENTS

- 2 scallions
- 2 tbsp. curry powder
- 2 tbsp. butter
- 2 tbsp. vinegar
- Pepper and Salt as required
- 2 egg yolks
- 2 tbsp. oil
- 2 cups flour
- 1 tbsp. thyme
- 1 lb. ground beef
- 2 cups breadcrumbs

DIRECTION

1. Add flour, eggs, curry and butter to the bowl. Mix well and make a smooth dough.
2. In a large size mixing bowl and combine oil, meat with thyme, pepper, vinegar, breadcrumbs, shells and salt.
3. Make patties from the prepared dough and add the meat mixture.
4. Fry the patties in oil for 20 minutes. Serve as cooked!

Apple CiderChicken



PREP DURATION: 20 min. COOKING DURATION: 30 min. SERVE: 2

INGREDIENTS

- 2 cups mustard seeds
- 2 tbsp. orange juice
- 2 cups parsley
- 2 cups dried basil
- 2 tbsp. of thyme
- 2 tbsp. apple cider vine- gar
- 2 cups scallions
- 2 tbsp. yellow mustard
- 2 tbsp. lime juice
- 10 chili peppers
- 1 lb. chicken
- 2 tbsp. oil

DIRECTION

1. Take a pan and warm the oil on it.
2. Add the chicken to a bowl and marinate it with thyme, chili pep- per, mustard seeds and parsley.
3. Now add lime juice, yellow mustard, skeleton, dried basil and orange juice and pour the chicken mixture well.
4. Now in hot oil cook the chicken for
5. 10 minutes. Pour over the purchased apple cider vinegar. Act.

Chicken Ribs



PREP DURATION: 25 min. COOKING DURATION: 40 min. SERVE: 2

INGREDIENTS

- 2 tbsp. allspice
- 1 tbsp. soy sauce
- 2 tbsp. of garlic powder
- 1 lb. chicken ribs
- 2 tbsp. cinnamon powder
- 2 tbsp. brown curry powder
- 1 tbsp. of hot sauce
- 1 tbsp. of tomato sauce
- 1 tbsp. vegetable oil

DIRECTION

- 1 Take a pan, heat in tomato sauce on medium flame.
- 2 Now add vegetable oil, garlic, brown curry, fresh spices and cinnamon. Then add soy sauce.
- 3 Now add ribs and cook for 20 minutes.
- 4 After 20 minutes, add the whole sauce, cook again for a few more minutes. Serve as done.

Green Onion Chicken



PREP DURATION: 5 min. COOKING DURATION: 25 min. SERVE: 2

INGREDIENTS

- Salt as required
- 1 lb. chicken
- Oil for cooking
- 2 chopped green onions
- 2 cups fresh thyme
- 2 tbsp. allspice
- 2 bonnet peppers

DIRECTION

- 1 Marinate the chicken in a bowl with hot pepper, fresh spices and salt.
- 2 Take a pan, warm oil on a moderate flame.
- 3 Add in the chicken mixture to the pan; now cook for approximately 15- 20 minutes.
- 4 Now add thyme and onion and mix everything.
- 5 Enjoy

LUNCH



Jamaican blue draws

PREP DURATION: 30 min. COOKING DURATION: 55 min. SERVE: 6

INGREDIENTS

- 2 cups cornmeal
- 1 cup all purpose gluten-free flour
- 1 1/2 cups cane sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon of salt
- 2 cups coconut milk
- 2 fingers green bananas, peeled and chopped
- 1 medium sweet potato, peeled and chopped
- 2 teaspoons vanilla
- 1 cup grated coconut, or shredded coconut
- 1/3 cup raisins, optional
- Fresh banana leaves
- baker's twine, for tying

DIRECTION

- 1 Prepare a banana leaf by cutting-it in half and throwing it away. Cut the blade into the same rectangular pieces. Remove or strain the banana leaves by drawing them over an open fire, or bring water in a large size pot to cool and immerse the leaves in boiling water until dry. Use several compasses and separate them.
- 2 Add cornmeal, flour, sugar, cinnamon, nutmeg and salt to a large bowl and mix until completely combined. Ipadaplin.
- 3 Add coconut flour, green banana, sweet potatoes and vanilla to a high-speed blender or mix green banana and sweet potatoes with a fork. Process until the mixture is like a coarse dough.
- 4 Stir the mixture with dry ingredients, stir until combined well, then stir in the chopped raisins and coconut.

- 5 Put about 2-3 tbsp. of dough in the center of banana leaf and then place the sides of banana leaf on dough. Fill the sides down to tightly create a package, and then tie the blue drawings firmly with the strips of banana peel or baking yarn. Repeat until all the dough is gone.
- 6 Allow the large pot of water to cool to a moderate temperature. Add blue drawing packages. Return to the cooler and then reduce to an hour. Remove each of the blue drawings from the pot using forks and place on a plate with napkins. Remove the string from each package and serve.

Jamaican cornmeal pudding



PREP DURATION: 15 min. COOKING DURATION: 80 min. SERVE: 6

INGREDIENTS

- 2 cup(s) Coconut Milk
- 1/2 cup(s) water
- 1/2 cup(s) Margarine
- 1/2 cup(s) raisins
- 1 pound(s) granulated sugar
- 1 whole cinnamon leaf
- 3 cup(s) Cornmeal
- 1/2 cup(s) counter flour
- 1 packet(s) Milk Powder
- 2 1/2 teaspoon(s) cinnamon powder
- 1 teaspoon(s) nutmeg
- 1 1/2 teaspoon(s) salt

- 2 teaspoon(s) vanilla essence
- 1 cup(s) whole milk
- 2 ounce(s) dark sugar

DIRECTION

- 1 Pour 2 cups of coconut milk into a large pot; 4 cups water, margarine, granulated sugar, raisins, and cinnamon leaves; mix and bring to a boil.
- 2 A mixture of corn flour, anti-flour, anchored milk powder, 2 tea- spoons. cinnamon, nutmeg, salt and vanilla essence in a bowl. Add the remaining 2 1/2 cups water to replace the corn flour mixture. Add the prepared mixture to the boiling liquid and mix
- 3 strong. Reduce the flame and cook for 10 minutes, keep stirring constantly.
- 4 Scrape the mixture in a thick (10 inch) 24 cm baking dish.
- 5 To create a soft surface: mix 1 cup whole milk, black sugar and the remaining 1 /2 tea- spoon cinnamon. Stir until the sugar granules dis- solve.
- 6 Pour the soft layer mixture into the prepared pudding mixture, now bake at 350°F/180°C for an hour.

Jamaican Jackass corn/Donkeycorn



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1 tsp baking powder
- 1 cup of shredded unsweetened coconut
- 1 cup of all-purpose flour
- ½ cup of brown sugar
- ½ tsp nutmeg
- ½ tsp ginger
- ¼ tsp salt

DIRECTION

- 1 Mix and knead all the ingredients and make dough.
- 2 Dust the flour on the baking plate.
- 3 Roll out the dough on a thin layer on a cake board.
- 4 Cut into squares or wheels of 2- inch and put on a grease plate or plate.
- 5 Preheat oven at 375 F and bake them for nearly 10-15 minutes. Separate to cool.
- 6 The biscuits will be fresh when they cool.

Jamaicanash-am



PREP DURATION: 10 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 3tbsp. granulated sugar
- 1cup large corngrains

DIRECTION

- 1 In a heavy skillet, cook the corn for 15-20 minutes, stirring constantly, until the corn is dark brown.
- 2 Crush the corn in a mortar or a blender. Pass through a fine sieve.
- 3 Add sugar and enjoy.

Jamaicanredpeassoup



PREP DURATION: 15 min. COOKING DURATION: 40 min. SERVE: 2

INGREDIENTS

- 10 cups of water
- 2 cups of dried red kidney-beans
- cloves garlic, minced
- medium onion, chopped
- green onions, chopped
- 1 medium carrot, peeled and chopped
- sprigs of thyme
- 1 cup yam, peeled and chopped
- 1 medium potato, peeled and chopped
- 1 cup of coconut milk
- 2 cubes vegetable bouillons
- pimento berries
- 1 whole Scotch Bonnet
- salt, to taste
- 1 batch of Dumplings
- 1/4 tsp salt
- 1/4 cup of water
- 1/2 cup of all purpose flour

DIRECTION

- 1 Arrange and wash the seed, soak overnight in a deep pot in cold water or put in the refrigerator for at least 8 hours.
- 2 The next day, drain the water and wash the seeds, put them in a large pot with 10 cups of water and bring to a good boil, lower down the flame until soft until about 45 minutes-to 1 cup.
- 3 Add chopped onion, garlic, green onion, thyme, carrots, potatoes, jam, dumplings, coconut milk, fresh spices, vegetable broth and Scottish bonnet pepper.
- 4 Allow to cool and bring to a boil, cook it until vegetables are soft for nearly 30 minutes. Remove Scotch bonnet before serving.
For dumplings:
- 5 Put salt and flour in a bowl. Now add water, mix to make a firm dough. Cut small pieces of dough and roll in your palms to make long, thin dumplings. Dip in a boiling goulash.

Jamaican gun-go peassoup



PREP DURATION: 10 min. COOKING DURATION: 100 min. SERVE: 4

INGREDIENTS

- 2 medium Irish potato
- 1 medium chocho
- cup water
- 1/2 cup of Coconut Milk
- 2 sprig thyme
- small pimento berries
- 2 stalk escallion, crushed
- 1 packet of Cock Soup Mix
- 1/4 tsp salt
- 1/4 tsp Black Pepper
- 1 cup of carrots, sliced
- 1 can Gun-go Peas

DIRECTION

- 1 Peel and dice potatoes and cho- cho, cover with 2 cups water and set aside.
- 2 Boil 4 cups water and add the diced Irish potatoes and chocho.
- 3 Add Coconut Milk, escallion, thyme, pimento berries, Cock Soup Mix, salt and Caribbean Traditions Black Pepper, and simmer until potatoes and chocho are tender.
- 4 Drain Gun-go Peas and add to the soup mix along with the

sliced carrots.

- 5 Lower flame and continue to simmer until soup thickens.

Jamaican jerk chicken



PREP DURATION: 10 min. COOKING DURATION: 40 min. SERVE: 4

INGREDIENTS

- 10-12 tbsp. Jerk
- Seasoning/Marinade
- lbs. Chicken
- Lemon/Lime juice or Vinegar
- 2 Teaspoons Garlic Salt
- 2 Teaspoons Paprika.
- 2 Tablespoons dry jerk seasoning.

DIRECTION

- 1 Clean and rinse the chicken with lime / lemon juice or vinegar
- 2 It is best to cut the whole piece so that it does not dry out. The skin also adds flavor.
- 3 Put the herbs / marinade in a bowl.
- 4 Add garlic salt, peppers and dried herbs. Stir in the ingredients
- 5 Slice the chicken with jerk herbs / marinade. Remember to rub under the skin and into the pores
- 6 Marinate overnight in a zippered bag. (Put all the remaining

herbs in a zipper bag)

- 7 Preheat the oven at 200 ° F, bake chicken for 30-45 minutes
- 8 Burn the charcoal on the grill (the grill must have a lid).
- 9 Pimento All herbs (this is what is used in Jamaica) best mixed with charcoal. Otherwise, try using a fragrant wooden grill to enhance the taste.
- 10 Transfer the chicken to the grill grill when the fire is lowest. Cover the grill. Bake the chicken on a low heat 2-3 hours until ready.
- 11 Cut the meat into pieces and serve.
- 12 Jerk Chicken is traditionally served with one of the following Jamaican hard doughs, rice and peas, fried ripe plantain and festival.

Jamaican curry chicken



PREP DURATION: 15 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 2 tbsp. curry powder
- lbs. chicken
- sprigs-thyme,
- 2 medium onion,
- cloves of crushed garlic,

- 2 scotch bonnet Pepper
- 1 tsp black-pepper.
- lemon or lime juice
- 2 tsp salt to taste
- 1 small diced potato
- 1 cup of water

DIRECTION

- 1 Clean, peel and cut the chicken into small pieces, then play with lime or lemon juice
- 2 Wash, season with curry, onion, thyme, garlic, all herbs (pimento), black pepper, salt and marinate. When cooking, separate the onion, thyme, garlic and all the herbs into 2. spices.
- 3 Pour about 3 tablespoons of oil on the pan. Heat the oil.
- 4 Add chicken and spices. Roast the chicken until brown and season for 5-7 minutes in the pot.
- 5 Add water and whisk the hot pepper. Let cook for 25 minutes or until baked. TIP: Add a second flavor
- 6 minutes before turning off the heat.
- 7 Serve with white rice.

Jamaican stewchicken

PREP DURATION: 30 min. COOKING DURATION: 60 min. SERVE: 4-6

INGREDIENTS

- 1 small whole chicken, cut into portions
- 2 tsp of Salt.
- 1/2 tsp of Black pepper.
- Large cloves of garlic, minced.
- 2tsp Sugar.
- 1 large tomato, chopped
- 2 stalk scallion (white part only), chopped.
- Gravy:
- 1/2 cup of Cooking oil (for frying chicken).
- 1/4 each, Red and Green bell pepper, chopped

- 1 Large onion, chopped.
- 1 Sprig of thyme or 1 tsp dried.
- 1 tsp of pepper sauce.
- 1 1/2 to 2 cups Hot water.
- 1 tbsp. Tomato ketchup.
- 1 tsp of salt

DIRECTION

- 1 Season the chicken with salt black pepper, sugar, garlic and a skeleton (green onion). Marinate the chicken overnight at least an hour before fry.
- 2 Remove the carcass and garlic from the chicken and fry the chicken in oil at high temperature for roughly 2-3 minutes from both sides to brown.
- 3 Remove the chicken from the pan.
- 4 Transfer half of the cooking oil from the pan and use the remaining oil to fry the onions and peppers until the onions become transparent. Add thyme, hot pepper sauce, tomato ketchup and 1 cup warm water to the saucepan and mix; taste the sauce and add 1 teaspoon of salt if necessary; sow for roughly 5 minutes.
- 5 Add chicken to the sauce. Add 1/2 to 1 cup of hot water and reduce the temperature and cover-the pan. Cook the chicken for 30 minutes or until it softens and the sauce gets thick.
- 6 If the sauce is still watery after 30 minutes, then remove the chicken and soak the sauce in Medium until it thickens. Then put the chicken back in the pan, now add sugar; cook for a few more minutes to warm up.
- 7 Serve with steamed rice and vegetables as a salad ..., and baked bread and you can go

Jamaican rice and peas



PREP DURATION: 20 min. COOKING DURATION: 100 min. SERVE: 4-6

INGREDIENTS

- 1 1/2 of cup of water
- 2 cup Coconut Milk
- 1 stalk(s) escallion, crushed
- 1 small onion, chopped
- 2 sprig-thyme
- 1 can(s) Red Kidney Beans
- 1/2 tsp salt
- 1 small scotch bonnet pepper
- 2 1/2 cup Grace Rice

DIRECTION

- 1 Mix milk and water in a 3 liter (3 liter) pot and boil it.
- 2 Add escallion, onion, thyme, red bean grace, salt and mix well.
- 3 Mix rice and whole Scotch bonnet peppers; cover up and bring to the cow.
- 4 Lower the flame and sow the rice until the grains are soft.

(don't break peppers)

Jamaican Currygoat



PREP DURATION: 10 min. COOKING DURATION: 130 min. SERVE: 4

INGREDIENTS

- 2 tbsp. White Vinegar
- 3pound goat meat
- 2 tbsp. curry powder
- 2 stalk escallion, chopped
- medium onion, chopped
- 1 tsp ginger, chopped
- clove of garlic, chopped
- tsp thyme, chopped
- 1/2 whole scotch bonnet pepper, chopped
- 1 tsp salt
- 1 tsp black pepper
- 1/4 cup Vegetable Oil
- 1 large Irish potato, diced

- cup boiling water
- whole pimento berries, crushed
- 1 medium carrot, sliced

DIRECTION

- 1 Cut the meat, cut into small pieces and wash with a mixture of vinegar and water.
- 2 Add 1 tbsp. curry powder, chopped onion, garlic, escallion, thyme, ginger, Scottish bonnet pepper, black pepper and salt; rub all the herbs in the meat, cover it and put in the marinade for 2 hours.
- 3 In a heavy low skillet warm the vegetable oil on medium flame, add the remaining curry powder. Add the marinated meat and let it rise. Return the meat and add 4 cups of boiling water. Cover it and simmer for approximately 1 hour 20 minutes, until meat is soft.
- 4 Now add sliced potatoes, cook for nearly 5 minutes. Fill the chopped pimento and carrots bones and cook for another 5 minutes.
- 5 Serving: Serve with vegetable salad, plain rice, and also mango chutney.

Jamaican barbecue chicken



PREP DURATION: 20 min. COOKING DURATION: 60 min. SERVE: 4

INGREDIENTS

- 1 tsp salt
- 4pound chicken
- 1 tsp black pepper
- 2 tbsp. soy sauce
- clove(s) of garlic, minced
- To Make Barbecue Sauce:
- medium onion, minced
- 1ounce Margarine
- clove garlic, minced
- ounce Tomato Ketchup
- cup of chicken stock
- ounce Orange Juice
- 1 tbsp soy sauce
- ounce Fish and MeatSauce
- 1 tsp chili powder

DIRECTION

- 1 In a pan warm the margarine. Add garlic and onion, fry until soft.
- 2 Add chicken, ketchup, orange juice, fish and meat sauce, soy sauce, chili powder and sugar and mix well. Allow to cool, then heat and allow to fly for about 15 minutes, stirring and removing as necessary.
- 3 Season the sauce and, if necessary, change the flavor with pepper and salt. Take out from the heat and stir.

Jamaican steam fish and crackers



PREP DURATION: 10 min. **COOKING DURATION:** 30 min. **SERVE:** 4

INGREDIENTS

- 2 cup fish stock
- medium okras, sliced
- 1 cup pumpkin, diced
- 1 cup of Irish potato, diced
- 1/4 cup of tomato, diced
- 1 pound whole snapper
- 1 sprig thyme
- 1 tsp Black Pepper
- 1/2 tsp scotch bonnet pepper, chopped
- 2 clove of garlic, chopped
- medium onion, chopped
- stalk escallion, chopped
- 10 whole crackers

- 1 whole scotch bonnet pepper

DIRECTION

- 1 Put the fish broth in a large pot and boil it. Add Irish potatoes, pumpkin and okra; cover and leave to infuse for 10 minutes.
- 2 Cut the fish on both sides, then cut the hole in half with vegetables and herbs (tomato, black pepper, Scotch, onion, garlic and escallion). Sprinkle with the remaining black pepper.
- 3 Put the fish in a boiling fish broth and add the remaining garlic, tomato, onion, escallion, Scotch bonnet pepper, thyme and whole Scotch bonnet pepper. Put in the fish broth, cover; cook on moderate flame for 10 minutes.
- 4 Serving: Place the prepared fish on plate, add the biscuits and spoon over the fish broth.

Jamaican ackee and salt-fish with fried breadfruit



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- Get 1 large plantain(optional)
- Get 2 can ackee
- Prepare 1 large breadfruit roasted
- Make ready slice different sweet pepper
- Get 1 medium onion, chopped
- Prepare 1/2 salt-fish

- Prepare 1 slice tomato
- Make ready 1 slice scale-on

DIRECTION

- 1 First you need to bake the bread- fruit in the oven and let it dark- en, then remove and cool, cut into small pieces.
- 2 Then it is necessary to fry the breadfruit and until golden on each side.
- 3 Then you cut the plantain and also fry it and let it golden.
- 4 Cut sweet pepper, onion, tomato and escalion
- 5 Then you start eating herbs and cover them on a medium extreme fire.
- 6 Once you have done this, boil the salted fish in hot boiling water and wait 20 minutes, then boil the warm water and put the salted fish in cold water to this degree, the salted fish will take all the scales and cut it into small pieces. divided. After taking the ackee can and opening it, filter the water from the ackee and wash it with hot water.
- 7 But always check the stove every 3 minutes.
- 8 When everything is done, put the A and the salted fish and mix and cover the pot and let it stir in the middle for 9 minutes.
- 9 And you put it all on a plate and it's done.

Jamaican callaloorice



PREP DURATION: 15 min. COOKING DURATION: 30 min.

SERVE: 6

INGREDIENTS

- 1ounce Anchor Butter, unsalted
- 2ounce onion
- 1ounce garlic, chopped
- 1ounce scallion, chopped
- 1 tsp pimento
- 1 tsp thyme
- 4ounce Callaloo
- 1 tsp scotch bonnet-pepper
- 1 pound White Rice
- 1/2 tsp black pepper
- cup of water
- 1 tsp salt
- 2 floz Coconut Milk
- 1 packet of Cock Soup Mix
- 1 ounce granulated sugar

DIRECTION

- 1 In a pan melt the butter on low flame and fry onion, garlic, scallion, thyme, pepper and hot pepper for 2 minutes.
- 2 Add callaloo and continue cooking for another 5 minutes.
- 3 Wash the rice and place in a pot with enough water to reach 1 1/2 inches above the rice.
- 4 Season with salt, black pepper, sugar, rooster soup and

coconut milk. Rice should not be stewed over medium heat.

- 5 When the liquid is boiling, reduce the temperature to a very low temperature, wrap food foil over the pot and let it evaporate. Steam until the granules swell and explode.

Jamaican Pumpkinrice



PREP DURATION: 5 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1 medium onion, chopped
- 2 tbsp. Margarine
- 2 clove garlic, chopped
- 1/2pound pumpkin, cut into cubes with skin on
- 1 stalk scallion, chopped
- 1 packet of Coconut Milk Powder
- 1/2 cup water
- 1 packet of Cock Soup Mix
- 2 cup(s) Rice
- 1 whole scotch bonnet pepper
- 1 sprig thyme

DIRECTION

- 1 In a large pan warm the margarine, fry the garlic, onion, skeleton and pumpkin for about 3 minutes.
- 2 Add water, coconut milk powder and coconut mixture, mix well and sow for 5 minutes.
- 3 Add rice, thyme and butter pep- per. If necessary, adjust the

salt content and cook for approximately 25-30 minutes, until the rice is soft.

- 4 Remove the thyme and Scotch bonnet pepper and then soften the rice with a fork. Serve: Serve immediately with the protein of your choice.

Jamaican stewpork

PREP DURATION: 15 min. COOKING DURATION: 120 min. SERVE: 4

INGREDIENTS

- 2 pounds pork stew, cut into 1-inch cubes
- 1 medium brown onion, chopped
- 2 stalks scallion, chopped
- 2 tbsp. dark soy-sauce
- 1/4 tsp coriander powder
- 1/2 tsp celery salt
- 1/4 tsp onion powder
- 1/2 tsp garlic salt
- 1/2 heaping tbsp. paprika
- 1/4 cup vegetable oil
- 1/2 tsp black pepper
- salt (optional)
- 1 large thyme sprig
- garlic of cloves, chopped
- 1 piece of fresh ginger, about 1 inch, smashed or sliced
- 1/2 tsp pimento seeds, cracked

DIRECTION

- 1 Before slicing the pork, I recommend washing it with a solution of vinegar or lime juice.
- 2 Cut the meat in cubes and put in a bowl.
- 3 Add all ingredients except oil to the bowl. Marinate for at least 2 hours before cooking. It's best to do it all night. Heat up the oil In a Dutch oven, to the highest degree until it is almost smoked. While the oil is heating up, stir in the sugar, onion, garlic and all the herbs. Book.

- 4 Put all the pieces of meat in the hot oil and cover. Keep turning the meat so that all sides are brown. Let the pork fry, cover until all the pieces are brown. Covered meat ensures that the meat does not dry out.
- 5 When the pork is pretty brown, drain the excess oil, add 1 cup of water and reduce the temperature to medium. Each time the water evaporates, add 1 cup until the meat is soft. Check the meat regularly to make sure it is not over-cooked. You can tell when pork is soft when the meat starts to fall out of the bone.
- 6 If the meat is soft, add a deferred flavor and 1 cup of water as needed. Decrease the temperature to medium. Cover it; cook until your sauce is delicious and consistent to your taste. I like my medium-thick sauce, but if you want, you can thicken the sauce. Season and season with pepper and salt.
- 7 When the sauce is ready, turn off the flame.

Jamaican jerk pork



PREP DURATION: 15 min. COOKING DURATION: 4 HOURS, 20 min.

SERVE: 4

INGREDIENTS

- 5lb Pork Shoulder
- Jerk Sauce
- Pimento branches or aromatic wood

DIRECTION

- Cut the meat into the sauce.
- If you use pork shoulder, make shallow cuts and wipe.
- Marinate overnight.
- Bake at the lowest possible level at a low temperature until you are ready.
- The best are the branches of the new spice (it is used in Jamaica) mixed with charcoal. Otherwise, try using a fragrant wooden grill to enhance the taste.
- Cut the meat into pieces and serve traditional bread with a firm dough

Jamaicanseasonedrice



PREP DURATION: 20 min. COOKING DURATION: 60 min. SERVE: 4-6

INGREDIENTS

- Coconut Oil
- Brown rice
- Onion
- Garlic
- Green Onion
- Red Bell Pepper
- Thyme
- Allspice
- Tomato
- Carrot
- Pumpkin
- Cabbage
- Callaloo
- Coconut Milk
- Vegetable Broth
- Scotch Bonnet Pepper
- Sweet Corn

- Green Peas

DIRECTION

- 1 In a large size saucepan heat up the oil on a moderate heat. Add onion, garlic, green onion, red pepper, thyme and fresh spices. Cook and stir constantly, until onion is soft.
- 2 Add tomatoes, carrots, pumpkin, cabbage, callaloo, brown rice and mix.
- 3 Add coconut milk, vegetable broth and sprinkle with scotch bonnet pepper. Lid the pot, place it to a cool place, reduce the flame; cook for 45 minutes.
- 4 Slowly stir in the corn, green peas, ackee, cover it; cook for approximately 5-10 minutes, or until the rice is soft.
- 5 Fluff with a fork, add more purchased vegan protein and serve.
- 6 Serve flavored rice with salad, curry or jerk according to the recipe.

Jamaican Baked fish



PREP DURATION: 15 min. COOKING DURATION: 55 min. SERVE: 4

INGREDIENTS

- 2 teaspoon scotch bonnet pepper, deseeded and finely chopped
- 1/4 cup of Margarine
- clove garlic, finely chopped
- 2 sprig thyme, chopped
- large onion, chopped
- 8ounce Rice
- 1 cup-stock
- 8ounce(s) shrimp, cooked
- 1 can Whole sweet Corn
- 1 tbsp. tomato diced
- tbsp. dried parsley
- 1/4 cup of White Vinegar
- cup water
- 1 tsp Fish Seasoning

DIRECTION

- 1 Preheat oven to 190 ° C / 375 ° F. FOR COMPLETE:
- 2 Dissolve 2 tablespoons in a large pot. Margarine. Add Scotch bon- net, chopped thyme, garlic and onion and sauté for roughly 1 minute.
- 3 Now add the rice and broth, mix well. Cover and cook on fire for nearly 25 minutes or until rice grains are soft. Ipadaplin.
- 4 Put shrimp, chopped tomatoes, whole chocolate, parsley and purchased Grace rice in a large bowl. Combine well.

FOR FISH:

- 5 Clean the fish and rinse with a solution of vinegar and water. Make a diagonal cut on the sides of the fish. Season with fish spices, spread 1 tablespoon on the in- side and outside of the fish. Margarine, then add the rice mixture to the fish.
- 6 Lubricate the foil with the remaining margarine, place the stuffed fish in the prepared foil, put it on a-baking tray; bake for

an hour.

- 7 Serve the fish on a plate topped with fish and meat sauce.

Jamaican fryplantain



PREP DURATION: 10 min. COOKING DURATION: 20 min.

SERVE: 2

INGREDIENTS

- 1 large ripe plantain oil
-

DIRECTION

- 1 Peel the plantain by making 2 cuts on opposite sides of the plantain and then peeling.
- 2 Cut the bananas into two halves (landscape, not length - as if you cut a banana into two halves).
- 3 Cut two pieces of plantain into 1/4 inch long slices.
- 4 Add a pan filled with enough oil to cover a 1/4 inch container.
- 5 Roast the plantain slices until golden on each side. Each piece is cooked for about 45 seconds to a minute.
- 6 Transfer the cooked plantain in a bowl lined with napkins to aspirate

7 / absorb the oil.

Jamaican Salt-fish Fritters



PREP DURATION: 60 min. COOKING DURATION: 50 min. SERVE: 4-6

INGREDIENTS

- 1 1/2 cup counter flour
- ounce sailfish, soaked, deboned and flaked
- stalk scallion, chopped
- medium onion, chopped
- 1 medium tomato, diced
- 1 cup(s) of water or milk
- 1 teaspoon salt (optional) 1 medium egg (optional)
- 1/2 tsp black pep-per
- 1/2 cup of Vegetable Oil
- 1 tsp scotch bon- net pepper, deseed, finely chopped

DIRECTION

- 1 Take a large mixing bowl, mix ground flour, salted fish, chopped onion, escallion and chopped tomatoes and mix well.
- 2 Gradually add water to form a smooth dough, then eggs (if used). The dough should have a thick and liquid consistency.
- 3 Season with salt (if used), black pepper and scotch bonnet pepper.
- 4 In a large pot of hot vegetable oil, pour the dough over spoons filled with hot oil, fry it until turns brown on the one side, now

turn back and fry until ready. Wash with an absorbent paper towel. Serve hot

JamaicanBananafritters



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- 2 - 3 large ripe bananas
- tbsp. vanilla
- ½ tsp salt
- ½ tsp cinnamon optional
- - 4 tbsp. brown sugar Use less sugar if bananas are over-ripe
- 1 ½ cups flour all-purpose
- 1 cup water cool
- ½ cup of cooking oil for-frying

DIRECTION

- 1 Peel a ripe banana and place it in a medium bowl, then add sugar, vanilla, cinnamon and salt.
- 2 Mash the bananas into small pieces with a metal fork and mix all the ingredients together.
- 3 Add flour and fill the ingredients completely before adding water.
- 4 Mix the mixture well until the ingredients are well mixed and your dough is smooth but still a little lumpy.
- 5 Add a large size skillet, then add oil. Heat up the oil before adding the dough, to a medium temperature for about 1-2 minutes. (To check that your oil is ready,

- 6 sprinkle and
- 7 a little flour in the oil after 1 minute. If there are bubbles around your flour, it's done).
- 8 When the oil is hot, carefully place small scoops of dough in the pan with a spoon and leave space between the pancakes.
- 9 Maintain a medium temperature and watch the pancakes carefully. As soon as the edges of your pancakes start to turn brown, turn them over. Bake each side for about 2-3 minutes or leave the pancakes until turn golden from both sides.
- 10 Transfer the pancakes on a large plate with thick paper towels.
- 11 Let the banana fritters cool down a bit to keep them warm and tasty!
- 12 Bless you and enjoy it.

Jamaican frydumpling



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 2 tbsp. granulated sugar
- cups of all purpose flour
- 1 teaspoon salt

- 1 tbsp. baking powder
- 1/4 cup of water
- 1 tbsp. Margarine, melted
- 1/2 cup of milk
- 1 1/2 cup Vegetable Oil

DIRECTION

- 1 In a bowl, mix 3 cups flour, sugar, salt, margarine, baking powder, and water, combine well. Add the milk and mix then add remaining flour and knead until a smooth dough is formed.
- 2 Place the tea to relax in a container covered with air for 1/2 hour.
- 3 Take a large Dutch pot in vegetable oil, roll out the dough into individual pieces.
- 4 Put the dough in warm oil, fry it for approximately 10 minutes, until golden brown. Wash with an absorbent-paper towel.
- 5 Serve hot.

Jamaican potatoesalad



PREP DURATION: 20 min. COOKING DURATION: 20 min. SERVE: 4-6

INGREDIENTS

- 1pound potato, peeled and cubed
- cup water

- 1 tsp salt
- 1 can of Mixed
- Vegetables, drained
- 2 large eggs, hard boiled (optional)
- 1 can of Whole sweet Corn
- 1 tbsp. scallion, chopped
- 1/4 cup of yellow sweet-pepper,
- julienne
- 1/4 cup green sweet pepper, julienne
- 1 cup(s) Mayonnaise
- large lettuce leaves
- 1 tsp white pepper
- 1 tbsp. onion, grated

DIRECTION

- 1 Pour water into a pot, salt and boil it. Add potatoes and eggs and cook for 15 minutes.
- 2 Wash the potatoes in a colander and unscrew the eggs, then cut.
- 3 Slowly mix the potatoes, eggs, mixed vegetables, whole sweet corn, scallion and sweet pepper, let cool.
- 4 In a bowl, mix the mayonnaise, chopped onion and pepper and then mix gently with the potato mixture. Place the lettuce leaves on a plate and serve the salad.

Jamaican rawveg



PREP DURATION: 20 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 1 Green cabbage
- medium Carrot
- 1 Cucumber
- ½ Cup of Sugar
- Stalks Celery
- ½ Cup of Vinegar
- 1 Cup of boiling water
- ½ Cup of Oil

DIRECTION

- 1 Cut the all the vegetables into thin slices.
- 2 Put all the ingredients into a container
- 3 Now add boiling water in it.
- 4 Cover for roughly 20 minutes.
- 5 Wash the liquid.
- 6 And serve it at the room temperature.

Jamaican festivals



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- 4ounce all- purpose flour
- 2 tsp baking powder
- 8ounce Cornmeal
- 2ounce sugar
- 2 teaspoon nutmeg, grated

- 1 cup of water
- 1 tsp salt
- 1 cup of Vegetable Oil
- 2 tbsp. Margarine

DIRECTION

- 1 Take a large size bowl and mix baking powder, flour, and corn grits.
- 2 Add sugar, nutmeg, salt, margarine.
- 3 Add water slowly, just enough to make the batter a handy dough.
- 4 Let it relax for two minutes.
- 5 Take a large pan, heat up the vegetable oil, process the dough into fingers and fry until golden.

Jamaican bammy



PREP DURATION: 20 min. COOKING DURATION: 15 min. SERVE: 4

INGREDIENTS

- 1 tsp salt
- 2 pound cassava

DIRECTION

1. Peel and grate the cassava. Place on a muslin cloth, squeeze and pour the juice.
2. Add salt to cassava flour and mix.
3. Hang a bammy grill or pan at medium height. Put about 1 cup of the mixture in a bammy circle on a hot grill, otherwise put in a greasy shallow bowl or pan. Continue to level the mixture. Ordinary bammy should be at least (6 ") or 15 cm in diameter, or

should be the desired size.

4. If the pans on the side of the pan collapse a little, turn and bake on the other side. Each bammy should cook for 10 minutes.
5. Repeat the process until all the bammy's are done. Bammy could be stored in a dry, cool place or frozen until needed.
6. Note: When the bammies are ready to use, soak them in milk or water for about 10 minutes. Bammies can be fried or bought and served with your favorite protein.

Jamaican boil dumplings



PREP DURATION: 15 min. COOKING DURATION: 20 min. SERVE: 4-6

INGREDIENTS

- 1.5 tsp salt
- 2 cups of flour
- 1/4 cup of cornmeal
- 1/2 cup of cold water

DIRECTION

1. Mix flour, salt and corn in a large mixing bowl. Now add 3 teaspoons of water at a time to make a firm dough.
2. Knead the dough well on a slightly wavy surface, roughly five minutes.
3. Bake the pan with water
4. Cut the pieces; roll out the dough into small flat biscuits of 2 inches wide. For rotary presses, roll the pieces in between your palms into a pin shape. Put the pieces, which are not to be filled, in a large pot of hot water -
5. (nearly 5 to 8 minutes)
6. Serve with any other meals (6-8 servings)

Jamaican boiled green bananas



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- Bananas

DIRECTION

1. Cut off the two ends of each banana
2. Cut the skin by cutting a straight line from top to bottom.
3. Put the bananas in salted boiling water; cook for approximately 15 min.
4. Use a fork to remove (remove) and re-move the peels
5. Add 1 teaspoon of lemon juice to the water (this will prevent the bananas from browning)
6. Bake bananas for 20 minutes or until soft

JAMAICAN SMOOTHIE



Grape Smoothie



PREP DURATION: 5 min. COOKING DURATION: 40 min. SERVE: 1

INGREDIENTS

- 1 cup Red grapes (without seeds)
- ¼ cup of Low-fat yogurt
- ½ cup Grape juice

DIRECTION

1. Take a blender and mix yogurt, grapes and grape juice in this blender.
2. Mix well to obtain a smooth mixture and pour it into a serving glass.
3. Enjoy.

Jamaican sorrel



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 6-8

INGREDIENTS

- 2pound sorrel

- 1ounce ginger
- whole cloves
- 1 piece dried orange peel
- 2 cup sugar
- 1 cup of red wine
- 1/4 cup of white rum
- cup of boiling water

DIRECTION

- 1 Wash the sorrel, grate or crush the ginger.
- 2 Put ginger, sorrel, cloves, and orange peel in a container of stainless steel.
- 3 Soak in boiling water, then cover and leave it to infuse for approximately 24 hours. Mix, add rum sugar, and red wine, mix well.
- 4 Pour in the bottles and add a few rice grains to each bottle. Leave to stay for rest at least a day and serve.

Jamaican June plumjuice



PREP DURATION: 15 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- June plums (washed, then diced, remove seeds) piece of ginger (washed then grated)
- tablespoon granulated sugar 2 cups water.

DIRECTION

1. Add all the ingredients to the blender. Mix until smooth. Strain into a bowl. Suck with sugar. served with ice cream.

Jamaican mango juice



PREP DURATION: 10 min. COOKING DURATION: 00 min. SERVE: 2-3

INGREDIENTS

- 2 or 3 mangoes, peeled and cut into chunks
- (without seeds)
- 1 cup milk
- 1/4 cup of frozen orange-juice concentrate
- ice cubes, crushed

DIRECTION

- 1 Put the ice cream in a blender
- 2 Add mango, orange sugar concentrate and milk to the dirty ice
- 3 In a blender mix all ingredients until smooth.
- 4 Spoon it into the glasses, serve as a smoothie.

Jamaican pine and ginger



PREP DURATION: 15 min. COOKING DURATION: 30 min. SERVE: 4

INGREDIENTS

- 1 pineapple (use peeled skin only)
- green limes
- 1 1/4 cup of sugar,
- cups of water
- 1 finger of ginger

DIRECTION

- 1 Wash the pineapple well with water before peeling. Separate the pineapple.
- 2 Now boil the skin of pineapple in five cups of hot water for roughly 8 to 12 minutes.
- 3 Cool the water, then mix with the skin until gets smooth.
- 4 Remove the prepared mixture with a spoon several times so that the liquid from the mixed mixture is forced through a sieve and into a clean bowl. Remove imprinted residue each time you overdo it.
- 5 Now add the remaining ingredients; mix.
- 6 Put in the refrigerator until cool.
- 7 Serve with ice cream.

Jamaican soursop juice



PREP DURATION: 10 min. COOKING DURATION: 10 min. SERVE: 4

INGREDIENTS

- 1pound soursop peeled, seeded and sliced
- tbsp. sugar (add-more or less to taste)
- 1.5 cups of milk
- 1 squeezed lime
- 1 cup of crushed ice

DIRECTION

1. In a blender, mix sour soup, milk and sugar.
2. Add lime, ice and mix again until smooth. Add sugar as needed.

Jamaican Carrotjuice



PREP DURATION: 5 min. COOKING DURATION: 5 min. SERVE: 2

INGREDIENTS

- 2 lbs. carrots
- cups of water
- 1 tsp finely grated nutmeg
- 1 cup of condensed milk sugar

- 1 tsp vanilla

DIRECTION

- Cut off the outer skin of the roots.
- Cut the carrots into cubes / cubes and then mix (mix to puree) with a mixer.
- Pour the mixed mass through a sieve into a container.
- Hold the juice and throw the remaining pulp into the seed.
- Add condensed milk and vanilla. (you can use sugar or sugar if you suffer from lactose intolerance or do not like milk in drinks)
- Mix well, add more or less condensed milk (or sugar) to your liking)
- Add nutmeg to the juice and mix gently.
- Serve best with ground ice cream or leave in the freezer for about an hour and serve ice-cold.

Jamaican beetroot juice



PREP DURATION: 15 min. COOKING DURATION: 15 min. SERVE: 4

INGREDIENTS

- Sweetened condensed milk
- small beetroots (use 6, if medium-size and 4, if large size)
- 1 Guinness
- 1 tsp. of vanilla
- 1/2 tsp. of nut meg
- 1 tin supligen
- 2 cups of water or more
- 1 cup of evaporated milk

DIRECTION

1 Wash the beets well, put on a high temperature in medium pot with enough water to cover the beets. Cook until soft. Do not remove the beets from the skin before cooking.

2 Step 2

- 3 Peel the purchased beetroot. Use-a knife to cut each bite in half. Mix one handful of beets with 1 cup water. If juice is very thick, then add 1 cup of water, continue until all the beets are mixed.
- 4 If the juice is too thick, strain it by using a sieve. Add evaporated milk, sup-line. Sweeten with condensed milk and now add Guinness, nutmeg and vanilla. Rinse and allow to cool before the serving.
- 5 Taste sweet and delicious.

Jamaican ribena juice



PREP DURATION: 10 min. COOKING DURATION: 15 min. SERVE: 2

INGREDIENTS

- Ribena (not sure of the amount)
- Piece of ginger root
- Enough water to barely cover Ribena
- Granulated sugar to sweeten Juice of
- 1 green lime

DIRECTION

- 1 It is best to use freshly selected Ribena. Remove the stems and wash well. Place a large size pot of water on a medium high, wash the ginger root and then add to the pot. Cover the pot and

soak the ginger root for 5 minutes to absorb the taste of the water.

- 2 After 5 minutes, turn down the heat. Put Ribena in the water, cover the pot and place the night on the kitchen table. The next day, on a clear and early morning, use clean-hands to crush Ribena.
- 3 We pass the pulp from Ribena through a sieve. Then strain the Ribena mixture through a cloth. Soak in white sugar and then add lime juice. Go to the bowl and put in the fridge.

Banana Milk Shake



PREP DURATION: 5 min. COOKING DURATION: 5 min. SERVE: 1

INGREDIENTS

- 1 cup of Cold Milk
- 1 large Ripe Banana
- 1 teaspoon Sugar
- One scoop Vanilla Ice Cream

DIRECTION

- 1 In a blender cut the banana with sugar and milk and mix until smooth.
- 2 Then add ice cream to the mixture, then mix and serve immediately.

Kiwi Honeydew Drink



PREP DURATION: 10 min. COOKING DURATION: 5 min. SERVE: 2

INGREDIENTS

- 1 tbsp. Honey
- cups Honeydew melon (if needed)
- Ice cubes
- 1 tbsp. Lemon juice
- ½ cup Diced Kiwi

DIRECTION

- 1 First mix ice, honey, lemon juice and-honeysuckle in a blender.
- 2 Mix this mixture to form a smooth mixture.
- 3 Add the kiwi and mix well to slice the kiwi to form a consistent mixture.
- 4 Pour a napkin and enjoy.

JamaicanJava



PREP DURATION: 10 min. COOKING DURATION: 3 min. SERVE: 2

INGREDIENTS

- 1 Slice Lemon
- 1 Slice Orange
- 1 1\ 2 Cup Apple Juice
- 1\8 teaspoons Ginger
- 1\8 teaspoons Cinnamon
- 1 tsp Instant Coffee
- 1 Cup Evaporated Milk
- 1\2 Cup Chilled
- Evaporated Milk
- tbsp. Sugar
- 1\2 teaspoons Vanilla
- Cinnamon Sticks
- Mint Leaves

DIRECTION

- 1 Bring apple cider or apple juice, lemon and orange slices, ginger and cinnamon to the cow.
- 2 Continue brewing for 1 minute, add coffee.
- 3 Gently stir in a cup of evaporated milk.
- 4 Take a separate mixing bowl, beat half cup of chilled evaporated milk, whipped with sugar,
- 5 and vanilla until it reaches a solid top.
- 6 Garnish the drinks with milk icing, cinnamon sticks and mint

leaves.

PeanutPunch



PREP DURATION: 5 min. COOKING DURATION: 5 min. SERVE: 2

INGREDIENTS

- 1 tsp Nutmeg, grated
- 1 cup of Water
- ¼ cup of White Rum, optional
- 1 cup of Peanuts
- ¼ cup of Granulated Sugar
- 1 can of Evaporated Milk
- 1 tsp of Vanilla Essence

DIRECTION

- 1 Add the peanuts in a blender with-water and then mix for 1 minute.
- 2 Add remaining ingredients, continue until smooth.
- 3 Serve with crushed ice.

Jamaican Ginger Beer



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- 1 large Lime/ Lemon
- ¼ lb. Fresh Ginger, pounded
- lbs. Granulated Sugar
- cups water, boiled

DIRECTION

- 1 Put the ginger in a mixing bowl, add boiling water on it.
- 2 Pour in the sugar until it dissolves. (Before completing the whole process, make sure you add enough sugar to your taste buds. This will help the fermentation better)
- 3 Peel the lime and add an appropriate amount of peel and lime juice to the mixture.
- 4 Cool and pour into a glass jar. Cover and let stand for six days (stir every two days with a spoon or blender) Strain and place in the refrigerator.
- 5 It can be placed in bottled at a room temperature and fermented for another 2-3 days before use.
- 6 Serve with ice cream and fun.

Caribbean Mocha

PREP DURATION: 5 min. COOKING DURATION: 3 min. SERVE: 4

INGREDIENTS

- 1/2 tsp. Chocolate Powder
- 1 Cup Evaporated Milk
- 2 Cups of Water
- 2 tbsp. Instant Coffee
- 1\ 8 teaspoons Ginger
- 1\ 8 teaspoons Cinnamon
- 1/2 tablespoons Frozen Pineapple Juice Concentrate
- 1 1\ 2 Cup Chilled Evaporated Milk
- 1/2 tsp of Vanilla
- 2 tbsp. of Sugar
- Apple Slices
- Pinch of Nutmeg

DIRECTION

- 1 Boil water, then stir in chocolate and coffee, 1 cup of evaporated milk, ginger, cinnamon and a concentration of pineapple juice.
- 2 Take a separate bowl and whisk 1 /2 tablespoon of chilled evaporated milk, sugar and vanilla until the tops are solid.
- 3 Garnish the drinks with evaporated milk icing, apple slices and sprinkle with nutmeg.

Grape Smoothie



PREP DURATION: 5 min. COOKING DURATION: 50 min. SERVE: 1

INGREDIENTS

- 1 cup Red grapes (seed- less)
- ¼ cup of Low-fat yogurt
- ½ cup Grape juice

DIRECTION

- 1 Take a blender and mix yogurt, grapes and grape juice in this blender.
- 2 Mix well to obtain a smooth mixture and pour it into a serving glass.
- 3 Enjoy.

JAMAICAN MAINDISH



Peas Soup



PREP DURATION: 10 min. **COOKING TIME:** 70 min. **SERVE:** 4-6

INGREDIENTS

- Ham-bone (optional)
- 1 lb. peas
- 1 lb. Beef
- sprigs of Thyme
- Stalks of Scallion, chopped
- 1 Whole Green Hot Pepper
- 1 large Carrot, chopped
- ½ cup Coconut Milk
- 1 lb. Irish potato, sliced
- One Garlic Clove
- Pepper and Salt to taste

DIRECTION

- 1 In water soak peas overnight.
- 2 Add raw peas, burgers and salted meat in a large chocolate and pour water.
- 3 Cook approximately 1 hour, until the peas are soft.
- 4 Now add the skeleton, thyme, pepper, coconut milk, carrots, garlic and Irish potatoes.
- 5 Cook for another 20 minutes until all ingredients are cooked.

Season as needed and add more water as needed.

- 6 If you like, serve hot with bread.

Tamarind Chicken wings



PREP DURATION: 15 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- tbsp. Allspice
- 2 Cinnamon stick
- 2 Cloves
- 2 tablespoons Nutmeg
- 2 Onions
- 2 Scallions chopped
- 2 tablespoons Brown sugar
- 1 tablespoon Tamarind paste
- 2 tablespoons Fresh ginger
- Thyme sprigs
- 2 Habanero pepper
- 1 lb. Chicken wings
- Oil for frying

DIRECTION

- 1 Add oil to the pan and then add the wings.
- 2 Mix fresh spices, cinnamon, cloves, nutmeg, scallions, brown sugar, tamarind, ginger and sprigs of thyme.
- 3 Add habanero peppers and bake in a pan for 20 minutes.
- 4 Check the wings regularly.
- 5 Serve hot!

Jamaican Jerked Pork Loin Chops



PREP DURATION: 15 min. COOKING DURATION: 8 HOURS SERVE: 4-6

INGREDIENTS

- smashed-garlic cloves
- cups cold water
- green sliced onions
- 1 chopped Scotch Bonnet pepper
- Thyme
- Pepper
- Salt
- 1 1/2 cups of dried red kidney beans
- 1 cup unsweetened coconut milk
- 1 1/2 cups of long grain rice

DIRECTION

- 1 In a bowl, mix rum, beer, molasses, lime juice and soy sauce. Add Scotch bonnet pepper, garlic, ginger, marjoram and thyme.
- 2 Over time, sprinkle the bay leaf, nutmeg, cinnamon and fresh spices.
- 3 Mix pork chops and marinade in a resealable bag. Store in the refrigerator overnight. Preheat the out- door grill to a medium temperature.
- 4 Remove pork chops from the marinade; place them on a plate and turn them into chops
- 5 stand for about 15 to 20 minutes at room temperature while

the grill is warming up.

- 6 Add ground pork black pepper and kosher salt to taste.
- 7 Roast both sides of the pork chops until the meat thermometer shows 145 ° F.
- 8 Allow them to rest for about 5 minutes to dissolve the juice before serving.

Chicken Gumbo



PREP DURATION: 10 min. COOKING DURATION: 50 min. SERVE: 3

INGREDIENTS

- 1 cup of white rice
- fish bouillon cubes
- 1 can whole kernel corn
- chicken breasts
- 1 sausage

DIRECTION

- 1 Bring the cow a salted pot of boil water. Bake these chicken breasts for 35 to 40 minutes. Wash them and cut them into small cubes.
- 2 Cook rice as per the instructions on the package.
- 3 Bring another pot, add salted water, boil it and stir in the fish mixture; cook it for 8 minutes on low heat. In the meantime,

place the large pan at a medium height. Cook all the sausages in it until turn brown on both sides.

- 4 Cut it into thick slices. Stir the sausages with the chicken pieces and, after drying, the corn.
- 5 Adjust the taste of gumbo and then serve hot. Enjoy

ShrimpSalad



PREP DURATION: 3 HOURS COOKING DURATION: 00 MINUTES

SERVE: 4

INGREDIENTS

- 1 tbsp. vegetable oil
- 1/2 tsp crushed-red pepper flakes
- limes, juiced
- 2 tablespoons minced fresh ginger root
- 2 cloves of garlic, minced
- 1 tablespoon of soy sauce
- 1/2 teaspoons white sugar
- 2 lbs. jumbo cooked shrimp, peeled, tails on
- 1/2 cups diced fresh cilantro

DIRECTION

- 1 Take a bowl, mix red pepper, lard, sugar, ginger, soy sauce, lime juice and garlic. Mix the shrimp-and cover.
- 2 Place the mixture in refrigerator for 2 hours. then get up
- 3 Enjoy

Spicy Coconut Chicken Stew

PREP DURATION: 10 min. COOKING DURATION: 90 min. SERVE: 4-5

INGREDIENTS

- 1/2 tbsp. allspice
- 1 tbsp. mustard-seeds
- 1 tbsp. anise seed
- 1 tbsp. of cumin seed
- 1 tbsp. fenugreek-seeds
- 1 tbsp. black peppercorns
- 1 tbsp. coriander-seed
- 1 tablespoon turmeric powder

Chicken:

- skinless chicken legs, split
- 1/2 lime, juiced
- tbsp. vegetable-oil
- cups of chicken stock
- cups of coconut milk
- 1 tbsp. ginger, minced
- pepper and salt
- cloves of garlic, minced
- 2 tbsps. thyme, fresh, chopped
- 1/2 scotch bonnet chili pepper, minced
- tablespoons Jamaican curry powder
- 2 medium onions, thinly sliced

DIRECTION

- 1 In a pan, cook fenugreek, carrots, anise, mustard, coriander seeds, black pepper and fresh spices for 40 seconds until fried.
- 2 Take a spice grinder: let the roasted herbs cool down and then grind them with cornstarch.
- 3 Place the large pot on medium temperature: Add its oil. Fry the chicken pieces on each side for 4 to 6 minutes. Set them aside. Mix ginger, garlic, onion, and pepper. Stir for roughly 5 minutes, stirring constantly.
- 4 Stir curry with thyme and lemon juice into the pot. Return the chicken with soup and coconut milk.

- 5 Cook them until they start to sieve. Dim the flame and cook the stew for 1 hour 35 minutes over low heat.
- 6 Serve hot.
- 7 Enjoy.

Rice and Black Beans



PREP DURATION: 10 min. COOKING DURATION: 15 min. SERVE: 5

INGREDIENTS

- cups of water
- cups of rice
- 2 teaspoons olive oil
- 2 teaspoons curry powder
- ½ teaspoons salt
- ¼ cup scallion, chopped
- 1 ½ cup black beans
- ½ cup red bell peppers, chopped
- ¼ cup chopped onions
- ¼ cup green bean, ¼ cup diced carrots
- chopped
- 1/3 cup corn

DIRECTION

- 1 Add rice, water, cottage cheese, sugar and salt to the bowl. Heat to moderate flame; bring good a boil.
- 2 Then decrease the temperature and let steam i t for nearly 10 minutes.

- 3 In another pot, fry the oil with glass beans, onions, carrots, green beans, corn and black beans.
- 4 Mix the suffocated mixture in the pot with curry rice.
- 5 Enjoy

Pumpkin Soup



PREP DURATION: 10 min. COOKING DURATION: 60 min. SERVE: 4

INGREDIENTS

- Onions
- 1 lb. Pumpkin
- 2 Sprigs Thyme
- 1 tbsp. Butter
- cups of Chicken Stock
- 1 Stalk Scallion

DIRECTION

- 1 Slice and lightly sauté the onions-in butter.
- 2 Next, add peeled and cubed pump- kin and rest of the ingredients.
- 3 Cover in the chicken stock then simmer for 1 hour.
- 4 Strain before serving.

Oxtail Stew



PREP DURATION: 10 min. COOKING DURATION: 120 min. SERVE: 4

INGREDIENTS

- lbs. oxtail
- 1 lemon, juiced
- 2 tomatoes, diced
- 1 yellow chopped onion
- green chopped onions
- 2 chopped carrots
- 1 scotch bonnet pepper
- 1 bunch thyme, fresh
- 1 tbsp. Worcester-shire sauce
- ½ tablespoons black pep- per
- ½ tablespoons all- purpose seasoning
- 2 teaspoons garlic, minced
- 1 tablespoon whole pimento seeds
- 2 cups of water
- 1 can lima beans

DIRECTION

- 1 Take a small bowl, mix in garlic, Worcestershire sauce, allspice and black pepper to the bowl.
- 2 Wash the beef tail with lemon juice and put it in a zippered bag.
- 3 Add the Worcester sauce mixture, sprinkle well and leave to marinate overnight.
- 4 When you are ready to cook, add oil to the pot; heat on

medium flame.

- 5 Add the beef tail in hot oil; cook until browned well. Place in a separate mixing bowl. Now add half the onion and half the garlic to the bowl.
- 6 Bake for 3 minutes. Add marinade, pimento seeds, scotch cap, thyme, roasted beef tail and water.
- 7 Put the mixture on the condenser. Let cook for 1 hour.
- 8 Mix tomatoes, reserved onion, green onion and carrot. Add 1 glass of water.
- 9 Let cook for thirty minutes.
- 10 Add five beans and cook for another 30 minutes.
- 11 Serve

Stew Fish



PREP DURATION: 10 min. COOKING DURATION: 12 min. SERVE: 2

INGREDIENTS

- Whole Fish or Filet
- 1 Cup of Coconut Oil
- 2 tbsp. Soya Sauce
- 1\2 Cup Tomato Sauce
- 1 Large Onion (sliced)
- 2 Cloves Garlic or
- 1 Hot Pepper (cut up)

- 2 tsp GranulatedGarlic
- 1 tsp Thyme Leaves
- 1\ 2 teaspoons Marjoram
- 1\ 2 Cup Flour
- 1 tsp Accent (optional)
- 2 Limes\ Lemons (sliced)
- Salt to taste

DIRECTION

- 1 Clean the fish and rinse with sliced lime / lemon.
- 2 Use paper towel to dry.
- 3 Sprinkle the fish with salted salt, granulated garlic.
- 4 Stir the fish into the flour. In a pan heat up the oil (very hot); fry the fish on both side. Remove fish and burnt flour from the bottom of the pan.
- 5 In oil, add onion, tomato sauce, soy sauce, thyme leaves, marjoram,
- 6 accent.
- 7 Add the fish and let it cool, drizzle with fish sauce and turn once more. Bake for about 5-10 minutes.
- 8 Serve with boiled rice or with boiled green banana and roasted plantain.

JerkyChicken



PREP DURATION: 60 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- 1 habanero pepper, sliced
- 1 onion, finely chopped
- teaspoons chopped fresh thyme
- tbsp brown sugar
- tbsp red wine vinegar
- tbsp soy sauce
- cloves of garlic, chopped
- 1/2 tsp ground allspice
- skinless, boneless chicken breast halves -cut into 1-inch strips
- 1 tsp sesame oil

DIRECTION

- 1 In a food processor, mix habanero pepper, onion, vinegar, soy sauce, brown sugar, thyme, sesame oil, fresh spices and garlic.
- 2 Pulse until smooth.
- 3 Put the chicken in a resealable bag and then add 3/4 of the sauce.
- 4 Remove all air, seal and marinate in the refrigerator for about an hour.
- 5 At 350°F preheat the oven.
- 6 Take the chicken out of the bag-and pour over the marinade. Let the chicken cook for 18 minutes.
- 7 Chop the set sauce into a small mixing bowl, spoon over the chicken while serving.
- 8 Enjoy

Split PeasSoup



PREP DURATION: 10 min. COOKING DURATION: 75 min.

SERVE: 4

INGREDIENTS

- 1 ½ cups Split Peas
- 1 fresh Green Hot Pepper
- ½ lb. Pumpkin
- Carrots, sliced
- 2 sliced Onions
- Mixed Herbs (thyme, scallion, basil) to taste
- Salt to taste
- 1 lb. Smoked Chicken or Turkey Necks

DIRECTION

- 1 Pour 5 cups cold water in a pot over the peas and then keep it overnight.
- 2 The next day, add the turkey neck or chicken, onion and half the flavor and then bring a good boil.
- 3 Reduce temperature and leave for
- 4 90 minutes in the summer, keep stirring it occasionally. Now add remaining herbs and whole pepper; cook it for 20 minutes.
- 5 Add salt to taste. Serve hot.

Jamaican Meatballs



PREP DURATION: 10 min. COOKING DURATION: 35 min. SERVE: 2-3

INGREDIENTS

- 1/2 tsp of turmeric powder
- 1 finely chopped onion
- cloves of garlic, chopped
- 1/2 tsp cumin powder
- lb. ground beef meat
- 1/2 teaspoons all-spice powder
- 1/4 cup beef stock
- 1 jalapeño pepper, chopped
- 1 tsp grated ginger
- 2 green onions, chopped

DIRECTION

- 1 Mix all ingredients well in a large mixing bowl.
- 2 Soak your hands and make small meatballs.
- 3 Put them on cookie tray and place in a preheated oven at 350F 35 minutes.
- 4 Take them out and let them cool. Serve or even cooking tomato sauce.

Caribbean RiceBeans



PREP DURATION: 10 min. COOKING DURATION: 120min. SERVE: 4

INGREDIENTS

- 1 hot red chili pepper, sliced
- 1 sprig fresh thyme
- 1/4 cups of
- uncooked-brown rice
- 1 cup of coconut milk
- 1/8 cups chopped green onions
- 1 tsp minced garlic
- 1 1/4 cups dry kidney beans

DIRECTION

- 1 Put the pot on low heat.
- 2 Mix with coconut milk, beans and a pinch salt.
- 3 Bake them for 2 hours, 5 minutes.
- 4 Add thyme, garlic, onion and three cloves of chili pepper to the pot.
- 5 Cook them for 8 min. Mix the rice. Reduce heat and cover it and cook for 25 minutes.
- 6 Now serve with hot rice and beans.
- 7 Enjoy.

Jamaican Beef Stir-Fry



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- 1 lb. lean beef meat, sliced
- 1/4 cup dark rum
- tablespoons Dijon mustard
- 1/2 tsp ground-black pepper
- 1 tsp cornstarch
- 1 tsp dried thyme
- 1 pinch nutmeg
- 1 pinch cinnamon
- 2 tablespoons canola oil
- 2 green onions, chopped
- 1 ripe mango, peeled and diced
- 1 green bell pepper, cored and sliced
- Pepper, salt to taste
- cups of shredded spinach

DIRECTION

- 1 In a pan heat rapeseed oil.
- 2 Mix the lean meat and sauté for 16 minutes or brown
- 3 Add the bell, green onion and mango.
- 4 Mix rum with mustard, corn starch, thyme, black pepper, cinnamon, nutmeg, pepper and salt.
- 5 Spoon the mixture over meat and cook until sauce starts to thicken.
- 6 Now place it on plate, add the sliced spinach. Serve

immediately.

SquashwithSalmon



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1 lb. Squash
- tbsp. of Butter
- 2 minced Garlic cloves
- cups of Chicken broth
- 1 Onion (chopped)
- 2 tablespoons Nutmeg powder
- ½ cup Half and half
- 1 lb. Salmon fish

DIRECTION

- 1 Add the butter to the pan.
- 2 Mix pumpkin, chicken broth, salmon, garlic, onion, nutmeg, chicken breast and half and half.
- 3 Bake for 10 minutes. Before serving, make sure it is well purchased.
- 4 When you're done, serve and rejoice!

Papaya Stew



PREP DURATION: 10 min. **COOKING DURATION:** 50 min. **SERVE:** 5

INGREDIENTS

- tbsp. fresh lime-juice
- lbs. short rib of beef, cubed
- 2 tablespoons cooking oil
- tablespoons yellow curry paste
- 1 medium onion, chopped
- 2 jalapeño peppers, diced
- cups sweet potatoes, chunked, steamed
- 1 can of crushed tomatoes
- 2 garlic cloves, minced
- 2 tbsp. sugar
- 3/4 cups fresh papaya, diced
- 3/4 cups fresh mango, diced
- tablespoons dried coconut, shredded

DIRECTION

- 1 Get a bowl of the mixture: Sprinkle her beef cubes with lemon juice. Add curry paste and mix well.
- 2 Cover the mixing bowl, refrigerate it for 60 minutes.
- 3 Mix mango and papaya in a bowl. Put them in the fridge for another
- 4 60 minutes. Place the large pan at a medium temperature.
- 5 Heat up the oil. Add beef mixture, cook for roughly 6 minutes.
- 6 Add onion and fry it for 4 minutes.

- 7 Pour garlic and Jalapeños, then cook for 6 minutes. Add the tomatoes to the pan. Cover; cook for 46 minutes. Put sweet potatoes in a pan and cook for 4 minutes.
- 8 Serve papaya and sea beef hot with a little rice.
- 9 Serve

Chicken Stew



PREP DURATION: 60 min. COOKING DURATION: 40 min. SERVE: 6

INGREDIENTS

- 1 carrot, chopped
- 1 whole chicken, cut into chunks
- ½ tbsp. flour
- cups of coconut milk, un-sweetened
- 1 tablespoon coconut oil
- Marinade
- 1 teaspoon pimento
- 1 lime, juiced
- 1 scotch bonnet pepper, seeded and chopped
- 1 tomato, chopped
- 2 tbsp. soy sauce
- garlic cloves
- scallion stalks, chopped
- Salt to taste
- sprigs thyme, fresh
- 1 onion, chopped

DIRECTION

- 1 Add the chicken pieces and marinade mixture to a large bowl;

leave in marinade covered for roughly 1 hour.

- 2 Now fry the chicken in whole oil in a large vessel.
- 3 Add marinade and carrots; cook for 10 minutes, stirring occasionally.
- 4 Add flour and coconut milk to the bowl, then mix well, pour over the chicken.
- 5 Continue cooking the chicken for another 25 minutes over low heat until it is well cooked.

Braised Ginger Pork



PREP DURATION: 10 min. COOKING TIME: 20 min. SERVE: 4

INGREDIENTS

- lbs. Lean Pork (cubed)
- tbsp. Oil
- 1/3 Cup of Soy Sauce
- 1\2 Cup of Chopped Onion
- 1 Garlic of Clove (minced)
- 3\4 tbsp. Ginger
- Root or 1 teaspoon Ginger Powder
- 1 Cup Flour
- 2\3 Cup Chicken Broth
- 2 tbsp. Sugar
- tbsp. Dry Sherry
- 1\2 teaspoons Marjoram
- 1\2 tsp Hot Pepper (minced)
- 1 tsp Thyme Leaves

- 1 teaspoon Accent
- salt to taste

DIRECTION

- 1 Sprinkle with salt and then wrap the pork in flour, fry in lard over medium heat.
- 2 Get rid of excess fat.
- 3 Mix broth, soy sauce and sherry with pork; mix onion, garlic, sugar, ginger, pepper, thyme, marjoram.
- 4 Stew covered for 20 minutes or until the meat is soft.
- 5 Serve with cooked rice or rice, peas and baked plantain.

Oxtail Stew with FlourDumplings



PREP DURATION: 10 min. COOKING DURATION: 50 min. SERVE: 4-6

INGREDIENTS

- 1 large onion, sliced
- lbs. oxtails, cleaned and trimmed
- cups water or vegetable stock
- large carrots, sliced
- 1 tsp dried thyme
- 1/2 tsp all-spice powder
- 1/4 cup of tomato puree
- tbsp. tomato-paste
- Pepper, salt to taste
- 1 bay leaf Dumplings:
- 1 pinch salt
- 1/4 cup of cold water

- 1 cup of all-purpose flour

DIRECTION

- To make the stew
- In a heavy pot mix all the Ingredients and cook it for 30-40 minutes on low heat.
- In the meantime, make the dumplings by mixing all the Ingredients in a bowl.
- Drop small spoonful of batter into the hot soup and cook for roughly 5 more minutes.
- Season it with pepper and salt.
- Serve warm.

Rum Rubbed Chicken



PREP DURATION: 24 HOURS COOKING DURATION: 45 MINUTES SERVE:

6

INGREDIENTS

- Salt
- 1 halved chicken
- 1 halved lime Rum Rub:
- teaspoons salt
- teaspoons white pepper
- small jalapeños
- 1 splash of rum
- 1/2 teaspoon cinnamon
- 2 tbsp. of olive oil
- 1 chopped red onion
- 1/4 cup of chopped
- green-onion tops
- 1 ½ tsp dried-thyme
- 1/4 tsp of nutmeg
- 1 tsp Jamaican pepper

DIRECTION

- 1 To prepare Rum Rub, in a blender mix all ingredients.
- 2 Cut salt, lime and rum into chicken pieces and marinate, put in fridge overnight.
- 3 Preheat the grill the next day. Cook the chicken for 45 minutes.

Chicken in Spicy Sauce



PREP DURATION: 10 min. COOKING DURATION: 90 min. SERVE: 4

INGREDIENTS

- 1 sliced onion
- peeled and cubed potatoes
- 2 pounds of cut up into pieces chicken
- Black pepper
- Salt
- 1 cup water
- tbsp. of curry powder

DIRECTION

- 1 Put the ingredients in a large size pot; cover.
- 2 Let the summer stir over low heat for 1 and a half hours.

Cooked Cow Liver



PREP DURATION: 20 min. COOKING DURATION: 20 min. SERVE: 4

INGREDIENTS

- garlic cloves
- 1 onion
- 1 tbsp. soy sauce
- 1 Scotch Bonnet pepper
- Vegetable Oil
- 1/2 teaspoon black pepper
- 1 pound of liver
- 1/2 cup water
- 1/2 tsp salt
- 1 sprig of thyme

DIRECTION

- 1 Cut onion, pepper, garlic and thyme.
- 2 Cut the liver in small pieces.
- 3 Mix with chopped mixture and add soy sauce, salt, and black pepper.
- 4 Marinate the liver for nearly 30 minutes.
- 5 Take out the liver from the mixture and fry it for 10 minutes. After 10 minutes, add the remaining ingredients and water.
- 6 Let the mixture boil for another 5 minutes.

Jamaican Marinated Meat



PREP DURATION: 24 HOURS COOKING DURATION: 60 MINUTES SERVE:
5

INGREDIENTS

Marinating:

- minced garlic cloves
- Pork Chops
- 1 chopped onion
- 1/2 tablespoon Black Pepper
- 1 tbsp. Salt Sauce:
- 1 tbsp. butter
- 1 teaspoon Steak Sauce
- 1 chopped onion
- 1/2 teaspoon Hot Pepper Sauce
- 1/4 small chopped Red Bell Pepper
- 1/4 small chopped Green Bell Pepper
- 1 tsp Worcester-shire Sauce
- 1/2 tsp Dry Thyme
- Cooking oil
- tablespoons Tomato Ketchup

DIRECTION

- 1 Season the meat with garlic, onion, salt and black pepper. Marinate the meat in the fridge for 1 day.
- 2 The next day, at 350 degrees preheat the oven. Grease the pan and put the marinated mixture in the oven.
- 3 After 20 minutes, add 1/4 cup of boiling water and leave for

another

- 4 20 minutes. Remove the flavor from the baking dish and pour into a bowl. Add onion, pepper and thyme and allow to cool.
- 5 After a few minutes, add the butter and sauces.
- 6 Pour the sauce over the meat and put in the oven for another 5 minutes.

MeatPockets



PREP DURATION: 30 min. COOKING DURATION: 60 min.

SERVE: 6

INGREDIENTS

The crust:

- 1 tsp of curry powder
- tsp turmeric
- tsp of salt
- cup of water
- cups of flour
- 1½ cups cold vegetable shortening

The filling:

- tsp of black pepper
- ½ tsp paprika
- 1 tsp of salt
- tsp thyme leaves
- ¼ tsp ground all-spice
- 1 tsp of sugar

- tbsp. of vegetable oil
- chopped garlic cloves
- 1 pound ground beef 1 chopped onion
- 1 chopped Scotch Bonnet pepper
- 1 1/2 cups of water
- chopped scallions

DIRECTION

- 1 In a large size bowl and mix salt, corn powder, flour, corn starch and short-crust pastry. Drain until the brittleness is crushed and slowly add water and knead the dough. If the dough sticks, roll it out and put it in the fridge.
- 2 Meanwhile, heat up the oil, fry the garlic, onion, skeleton, and
- 3 Scotch Bonnet. When the onion get soft, add meat, thyme, pepper, allspice, salt, sugar, black pepper and water and cook for nearly 30 minutes. At 375 degrees preheat the oven. Take the dough from the fridge, roll it out and cut out the wheels with a bowl.
- 4 Insert 2 cups of filling in each circle and fold the sides.
- 5 Bake the bags for 30 minutes.

Jamaican Fish



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 2

INGREDIENTS

- 3/4 teaspoon salt
- 1 1/2 pounds red snapper
- 1 cracked allspice berry
- 1 tbsp. of vegetable oil
- Salt and Black Pepper
- 1/8 teaspoon minced garlic
- 1/2 sliced onion
- 1/4 cup of white vinegar
- 1 cut into thin strips car-rot
- 1 pinch brown sugar
- 1 tablespoon water
- 1 quart frying vegetable oil
- 1 spring thyme
- 1/4 minced habanero pepper

DIRECTION

- 1 Cut three sliced from each side of the fish and season them with salt and black pepper.
- 2 In a large size pan heat up oil; fry the fish slices on each side for 5 minutes.
- 3 Heat up the oil in separate pan, and sauté the onion, garlic and carrot for 3 minutes, then add thyme, sugar, salt, vinegar, Habanero pepper, allspice berry and water. Cook the mix for another 5 minutes.
- 4 Cover the fish with the Jamaican mix.

Shrimp in Spicy Sauce



PREP DURATION: 20 min. **COOKING DURATION:** 15 min. **SERVE:** 4

INGREDIENTS

- cloves of garlic (minced)
- teaspoons sea salt
- 1 lb. shrimp
- ¼ cup of water
- 1 scallion (minced)
- 1 scotch bonnet pepper
- 1 green pepper (chopped)
- 2 tbsp. of coconut oil
- 1 cup of coconut milk
- 1 teaspoon thyme
- 1 tablespoon ketchup
- 2 teaspoons black pepper
- teaspoons curry powder

DIRECTION

- 1 Fry the prawns with 1 tsp of black pepper, 1 tsp of salt, 2 tsps. of curry powder and thyme and leave to marinate for 20 minutes.
- 2 Heat up oil, fry onion, garlic and onion. When the onion is soft, add coconut milk, ketchup, water and the remaining curry.
- 3 Add Scotch Bonnet prawns and peppers in the prepared mixture; cook for roughly 5 minutes, now lower the temperature and wait for the sauce to thicken.

- 4 Add remaining black pepper and salt, remove the scotch cap.

Fish with Coconut Milk



PREP DURATION: 4 HOURS

COOKING DURATION: 55 MINUTES

SERVE: 2- 3

INGREDIENTS

- 1 diced green onion
- 1/2 sliced onion
- cups of coconut milk
- 1/4 diced scotch bonnet
- 1 tablespoon oil
- 1/2 pound salted mackerel
- 1 diced tomato
- teaspoons lemon juice
- Water

DIRECTION

- 1 Let the fish soak in water for 4 hours. Change the water regularly.
- 2 Boil fish for 15 minutes, then add fresh water and lemon juice. Bake in fresh water for approximately 10 minutes.
- 3 Take out from water, remove fish bones and cut the fish. Add oil to the middle pan and fry tomato, Scotch cap and onion. When onion is soft then add coconut milk and wait 20 minutes for the sauce to thicken. Add salt and black pepper.

- 4 Add sliced fish cook the composition for another 5 minutes.

Cabbage with Salmon



PREP DURATION: 15 min. COOKING DURATION: 25 min. SERVE: 3

INGREDIENTS

- tbsp. chili paste
- 1 tbsp. of canola oil
- ½ cup of soy sauce
- cloves of garlic
- ounces cooked noodles
- 1 lb. salmon, cut into cubes
- 1 sliced onion
- ½ tsp. sesame oil
- ½ chopped cabbage
- 2 chopped carrots

DIRECTION

- 1 Take a loaf of bread and add rape- seed oil and sesame oil.
- 2 Now add salmon and garlic cubes; fry for a minute.
- 3 Then add carrots, soy sauce, cabbage, onion, chili paste and mix well.
- 4 Cook everything for 15 to 20 minutes and soften the cabbage.
- 5 Add noodles and serve!

Squash with Salmon Fish



PREP DURATION: 10 min. COOKING DURATION: 15 min. SERVE: 2

INGREDIENTS

- chopped onion
- tbsp. of butter
- 1 lb. salmon fish cubes
- cloves of garlic minced
- cups of chicken broth
- 1 lb. squash
- tbsp. nutmeg powder
- ½ cup half and half

DIRECTION

- 1 Take a pan and add the butter to dissolve the butter over a medium flame.
- 2 Now add salmon, half and half, chicken broth, nutmeg, garlic, onion and pumpkin and mix well.
- 3 Cook everything for 10 minutes and mix well during cooking.
- 4 Cook when you're ready. Serve!

Pimento Chicken Wings



PREP DURATION: 25 MINUTES COOKING DURATION: 15
MINUTES SERVE: 2-3

INGREDIENTS

- cinnamon stick
- bonnet peppers
- 2 cloves
- pimento seeds
- Oil for frying
- 1 tsp. black peppercorn
- 2 cups of scallion
- 2 onions
- 1 lb. chicken wings and legs
- 2 tbsp. nutmeg
- 2 tbsp. of soy sauce
- 2 tbsp. of raw sugar

DIRECTION

- 1 Take a deep pan and heat up the oil in the moderate flame.
- 2 Then add chicken pieces to the bowl.
- 3 Now in a bowl, add the soy sauce, peppers, onions, nutmeg, raw sugar, hot pepper, pepper, cloves, cinnamon stick, and skeleton, mix all well with chicken.
- 4 Make sure the chicken pieces are well covered with all the herbs.
- 5 Add prepared chicken to the warm oil; cook for 10 to 15

minutes.

6 Serve!

Special Goat Legs



PREP DURATION: 20 min. COOKING DURATION: 20 min. SERVE: 2

INGREDIENTS

- 1/2 tbsp. stripped thyme
- 1 lb. goat leg
- Pepper and salt as required
- 1/2 cups chopped scallion
- 1/2 tbsp. of allspice
- 2 tbsp. cayenne pepper
- 2 tbsp. oil
- 2 chopped onions
- 2 diced carrots
- 2 yellow onion

DIRECTION

- 1 Heat up the oil on moderate heat.
- 2 Now add garlic, thyme, and onion; stir fry for 2 minutes.
- 3 Then add the bowl, carrots, all- spice, yellow onion and cayenne pepper and mix together.
- 4 Let t h e m cook for 10 minutes.
- 5 Now add goat's leg and cover the pot. Cook on medium heat for half an hour. Season with pepper and salt.

6 Enjoy.

Tamarind Chicken



PREP DURATION: 15 min. COOKING DURATION: 25 min. SERVE: 3

INGREDIENTS

- 1 tbsp. tamarind paste
- cinnamon stick
- cloves
- 2 tbsp. nutmeg
- 2 onions
- Oil for frying
- 2 chopped scallion
- 2 tbsp. brown sugar
- 2 tbsp. fresh ginger
- thyme sprigs
- 2 tbsp. allspice
- 2 habanero pepper

DIRECTION

- 1 Take a pan and heat up the oil on a moderate flame.
- 2 Now add chicken to the bowl, mix it with cloves, shell, onion, tamarind, sprigs of thyme, cinnamon, brown sugar, nutmeg, ginger, new spices and nutmeg.
- 3 Mix everything well and then add the habanero pepper.
- 4 Add prepared mixture in the pan; cook for 20 to 25 minutes,
- 5 When cooking, make sure that it does not stick.

6 Serve!

Full Chicken Meal Jamaican



PREP DURATION: 20 min. COOKING DURATION: 25 min.

SERVE: 2

INGREDIENTS

- Salt as required
- tbsp. ground nutmeg
- tbsp. of brown sugar
- 2 tbsp. lime juice
- 2 tbsp. of ground ginger
- Oil for cooking
- 2 habanero pepper
- 2 tbsp. allspice
- 2 onions
- 1 lb. chicken

DIRECTION

- 1 Bring the bread and heat its oil over a low heat.
- 2 Add ginger, fresh spices, salt, nutmeg and onion to the oil and fry for a minute.
- 3 Now add chicken and brown sugar, cook until the chicken is soft.
- 4 Then add habanero pepper and lime juice and mix well.
- 5 Bake again for a few minutes and cook when ready. Act.

Jalapeño Cooked Pork



PREP DURATION: 20 min. COOKING DURATION: 30min. SERVE: 2-3

INGREDIENTS

- Oil for cooking
- tbsp. jerk seasoning
- tbsp. jalapeño sauce
- 2 tbsp. lime juice
- 2 red onion
- 1 lb. boneless pork
- 2 cups cilantro

DIRECTION

- 1 Bring the bread and heat its oil over a medium heat.
- 2 Now add jalapeño sauce, pork and herbs to it. Mix well.
- 3 Add coriander, lime and red onion and cook for 20 minutes.
- 4 Let the pork soften during cooking. Service.

Cod and Beans



PREP DURATION: 10 min. COOKING DURATION: 20 min. SERVE: 2

INGREDIENTS

- Cheese for garnishing
- cups salsa
- tbsp. oil
- 1 lb. chopped cod
- cup blackbeans
- 2 diced avocados

DIRECTION

- 1 Take a pan, add lard, black beans and place the pan on a medium heat.
- 2 Cook them for 2 minutes on moderate flame and add cod, avocado and salsa.
- 3 Bake again for 10 minutes until everything is well done.
- 4 Cut and garnish with sliced cheese.
- 5 Enjoy

Tilapia with Veg



PREP DURATION: 10 min. **COOKING DURATION:** 20 min.

SERVE: 2

INGREDIENTS

- tbsp. of oil
- 1 lb. sliced tilapia
- 1 tbsp. cumin powder
- sliced carrots
- 1 tbsp. coriander powder
- Cilantro for garnishing
- 1 tbsp. cayenne powder
- 2 tbsp. of tomato paste
- ½ tbsp. cinnamon powder
- 2 chopped onion
- 1 tbsp. of lemon juice

DIRECTION

- 1 Put oil on the pan and heat it over medium heat.
- 2 Now add the coriander powder, cumin, cayenne powder, carrots, onions, tomato puree, lemon juice and cinnamon and mix everything.
- 3 Now add the tilapia slices and cook well until the tilapia softens.
- 4 Cook if well bought. Garnish with coriander.
- 5 Serve

Plantain Patties



PREP DURATION: 20 MINUTES COOKING DURATION: 20 MINUTES

SERVE: 2

INGREDIENTS

- Salt as required
- cups of milk
- Oil for frying
- cups of butter
- 2 cups flour
- ripe plantains (cut in coins)

DIRECTION

- 1 Take a mixing bowl, mix in butter and flour in it.
- 2 Whisk it thoroughly with an electric beater and add salt while whisking.
- 3 Now add milk and mix well-again.
- 4 Fill the patties with crushed plantain and create round patties.
- 5 Take a deep pan, heat up the oil in it. Fry the patties for approximately 3 minutes; drain the oil.
- 6 Enjoy

Green Onion Chicken



PREP DURATION: 5 min. COOKING DURATION: 20 min.

SERVE: 2-3

INGREDIENTS

- Salt as required
- 1 lb. chicken
- Oil for cooking
- chopped green onions
- cups fresh thyme
- 2 tbsp. allspice
- 2 bonnet peppers

DIRECTION

- 1 Marinate the chicken in a bowl with hot pepper, fresh spices and salt.
- 2 In a frying pan, heat up oil on a moderate flame.
- 3 Then add the chicken mixture in the pan; cook for approximately 15 to 20 minutes.
- 4 Now add thyme and onion and mix everything.
- 5 Enjoy when it's ready!

Kidney Beans Rice



PREP DURATION: 20 min. COOKING DURATION: 15min. SERVE: 4

INGREDIENTS

- cups coconut milk
- garlic cloves
- Pepper and salt as required
- 2 onions
- 2 cups fresh thyme
- 2 cups red kidney beans
- 2 cups rice

DIRECTION

- 1 First Boil the kidney beans
- 2 Add onion, garlic, thyme and coconut milk to the bowl and mix together.
- 3 Now add oil to the pan; cook this mixture for 10 minutes.
- 4 Add pepper and salt to it and re- move the mixture. In the same pan cook rice for 10 min. Add bean mixture to the cooked rice, cook for a few minutes.
- 5 Serve.

Jamaican Beef Patties



PREP DURATION: 20 min. COOKING DURATION: 25 min. SERVE: 2-3

INGREDIENTS

- scallions
- tbsp. curry powder
- 2 tbsp. butter
- 2 tbsp. vinegar
- Pepper and salt as required
- 2 egg yolks
- 2 tbsp. oil
- 2 cups flour
- 1 tbsp. thyme
- 1 lb. ground beef

DIRECTION

- Add flour, eggs, curry and butter to the bowl. Mix well and make a smooth dough.
- In a separate bowl, add oil, meat with thyme, pepper, vinegar, breadcrumbs, shells and salt.
- Make patties from the prepared dough and add the meat mixture.
- Fry the patties in oil for 20 minutes.
- Serve

Apple CiderChicken



PREP DURATION: 20 min. COOKING DURATION: 15 min.

SERVINGS:2

INGREDIENTS

- tbsp. orange juice
- cups mustard seeds
- 2 cups parsley
- 2 tbsp. of apple cider vinegar
- 2 cups dried basil
- 2 cups scallions
- 2 tbsp. of thyme
- 2 tbsp. of lime juice
- 2 tbsp. of yellow mustard
- chili peppers
- 1 lb. chicken
- 2 tbsp. oil

DIRECTION

- 1 Take a pan, heat up the oil
- 2 Add chicken to a bowl, marinate it with thyme, chili pepper, mustard seeds and parsley.
- 3 Now add lime juice, yellow mustard, skeleton, dried basil and orange juice, spoon over the chicken mixture well.
- 4 Now cook it in hot oil for 10 minutes. Pour apple cider on it and serve

Chicken Ribs



PREP DURATION: 20 min. **COOKING DURATION:** 50 min. **SERVE:** 2

INGREDIENTS

- 1 tbsp. of garlic powder
- 1 lb. chicken ribs
- 1 tbsp. of soy sauce
- 1 tbsp. allspice
- 2 tbsp. brown curry powder
- 2 tbsp. cinnamon powder
- 2 tbsp. tomato sauce
- 1 tbsp. of hot sauce
- 1 tbsp. of vegetable oil

DIRECTION

- 1 In a pan, heat up tomato sauce on medium flame.
- 2 Now add vegetable oil, garlic, brown curry, fresh spices and cinnamon. Then add soy sauce, mix well.
- 3 Now add ribs; cook for 20 minutes.
- 4 After 20 minutes, then add the whole sauce, cook again for a few minutes.
- 5 Serve.

JAMAICAN DESSERT



Coconut RockBuns



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4-6

INGREDIENTS

- cups of all-purpose flour, sifted
- ½ cup of butter
- 1 teaspoon baking powder
- ½ cup brown sugar
- ¼ teaspoons grated nutmeg
- ½ teaspoons cinnamon
- 1 teaspoon of vanilla
- eggs
- teaspoons milk
- tablespoons raisins
- ½ cup shredded coconut

DIRECTION

- 1 At 350 degrees F preheat oven.
- 2 Put the first six ingredients in a bowl in a blender.
- 3 Stir with a paddle attachment until the mixture looks like a fine-crumb. Add coconut, mix evenly. Beat eggs, vanilla and milk.
- 4 Go into the flour mixture and mix and then slowly add the milk. Mix with raisins

- 5 Place the solid piles on a thick plate.
- 6 Bake for 25 minutes or until done.

Pina Colada



PREP DURATION: 10 min. COOKING DURATION: 5 min. SERVE: 6-8

INGREDIENTS

- 1 (20 oz.) can canned crushed pineapple,
- drained
- 1/4 cups of lime juice
- 1 1/2 cups of water
- 1 (13.5 oz.) can coconut milk
- 1 1/2 cups of white sugar

DIRECTION

- 1 While stirring, cool the water and sugar for about 2 minutes. Then suppress the heat.
- 2 Mix the pineapple in a blender until turns smooth and then in a bowl mix it with the following: lime juice, syrup (purchased sugar and) water and coconut milk.
- 3 Put the contents in the refrigerator for 4 hours. Then freeze the mixture until it freezes slightly to get some Pina Colada. Enjoy.

Jamaican Coconut Drops



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- 1 tbsp. powdered ginger
- 1 cup lb. brown sugar
- cups of diced coconut
- pinch salt

DIRECTION

- 1 Mix all of the ingredients in a heavy empty pan.
- 2 Now add enough water to moisten the sugar. Bake for about 25 minutes on low heat.
- 3 Stir constantly. Try a small part when it comes to the caramel phase. It must be like a praline
- 4 Drip on a greased baking sheet or on greasy paper with a spoon.

Jamaica Crunch



PREP DURATION: 10 min. COOKING DURATION: 25 min. SERVE: 4

INGREDIENTS

- oz. butter, melted
- 1 (16 oz.) package ginger- snap cookies, crumbled
- 1 (14 oz.) can of sweetened condensed milk
- lemons, juiced and zested
- 1/2 pint heavy whipping cream

DIRECTION

- 1 Take a bowl, mix in melted butter and cook the crumbs wet; put in a pan and place tightly in one layer.
- 2 Put in the refrigerator for at least
- 3 30 minutes until the crust hardens.
- 4 In a cold metal or glass bowl, use an electric blender to whip the flavor until soft tops are visible. Add condensed milk and stir until thick and smooth; mix lemon juice and sugar.
- 5 Take the cream mixture and spread it on the cake crust. Allow the cream layer to cool for at least 30 minutes until ready.

OrangeCranberrySauce



PREP DURATION: 10 min. COOKING DURATION: 75 min. SERVE: 4-6

INGREDIENTS

- oz. melted butter
- 1 (16 oz.) package ginger- snap cookies, crumbled
- lemons, juiced and zested
- 1/2 pint heavy whipping cream
- 1 (14 oz.) can of sweetened condensed milk

DIRECTION

- 1 Mix the melted butter in a bowl and cook the crumbs wet; put in a pan and place tightly in one layer.
- 2 Put in the refrigerator for at least
- 3 30 minutes until the crust hardens.
- 4 In a cold metal or glass bowl, use an electric blender to whip the flavor until soft tops are visible. Add condensed milk and stir until thick and smooth; mix lemon juice and sugar.
- 5 Take the cream mixture and spread it on the cake crust. Allow the cream layer to cool for at least 30 minutes until ready.

Caramel Swirl Brownies



PREP DURATION: 10 min. COOKING DURATION: 40 min. SERVE: 6-7

INGREDIENTS

- oz. dark chocolate, melted
- eggs
- 1/2 cup of butter, softened
- 2/3 cup brown sugar
- 1/2 cup caramel sauce
- 1 teaspoon baking powder
- 1/2 cup of all-purpose flour
- 1 pinch salt

DIRECTION

- 1 Mix the butter with melted chocolate, eggs and sugar.
- 2 Mix very well. Now add salt, baking powder and flour, combine well.
- 3 Pour the dough into a small pan baked on baking paper.
- 4 Place teaspoons of caramel on the dough and bake at 350 F in a preheated oven for 42 minutes. Remove and let it cool, now cut in small squares. Serve.

Grapefruit Cheesecake



PREP DURATION: 10 min. **COOKING DURATION:** 40 min. **SERVE:** 4

INGREDIENTS

- 1/2 cup butter, melted
- 3/4 cup grapefruit juice concentrate
- medium egg whites
- cups cream cheese
- 2/3 cup o flight brown sugar
- 1 cup graham cracker, crushed
- 2 tbsp. unflavored gelatin
- 3/4 cup skim milk

DIRECTION

- 1 In the food processor: Mix this butter with graham crackers. Pulse them several times until they are well ground.
- 2 Wipe the mold with butter and continue the graham mix below. Put in the fridge.
- 3 Take a small bowl that is not too hot: Mix it with gelatin and grapefruit juice. Place the bowl on a second bowl filled with hot water.
- 4 Let it run until gelatin is dissolved completely. Now add the sugar, mix until dissolved. In a large size bowl: Mix it with milk cheese.
- 5 Beat them until get smooth. Add the grapefruit mixture and

beat again.

- 6 Put mixture in the refrigerator until it begins to thicken. Take a large bowl of the mixture: Beat egg whites in it until the top softens.
- 7 Fill it with the cheese mixture. On the entire crust spread the prepared cheese mixture. Refrigerate cheesecake for nearly 4 hours. Now serve
- 8 Enjoy.

SOUPS



SpicyTailStew



PREP DURATION: 15 min. COOKING DURATION: 70 min. SERVE: 4

INGREDIENTS

- 1 sprig of fresh thyme
- diced tomatoes
- pounds oxtail shank
- tablespoons oil
- ounces cooked fava bean
- cups water
- 2 diced onions

DIRECTION

- 1 Cut the tail in small pieces.
- 2 In a large pan heat up oil; fry the pieces of beef tail until golden, then add 4 cups of water. Over low flame cook the meat for approximately 1 hour.
- 3 Add tomato, thyme and onion to the pan. Let it boil for more 10 minutes. Now add seeds and remaining water, cook for another 10 minutes.

JamaicanPumpkinStew



PREP DURATION: 10 min. **COOKING DURATION:** 55 min. **SERVE:** 4-5

INGREDIENTS

- 1 cup diced potato
- chopped green onions
- 1 cup minced onion
- 1 pinch of allspice
- 1 cup of diced carrots
- ½ cup of coconut milk
- 1 whole scotch bonnet pepper
- 1 sprig of fresh thyme
- ¼ cup diced celery
- tbsp. coconut oil
- Sea salt to taste
- cups of peeled and
- seeded Jamaican pump-kin cut into chunks
- minced cloves of garlic
- cups water
- 1 Tablespoon minced fresh parsley

DIRECTION

- 1 Fry garlic, onion, celery and carrots in oil.
- 2 When the onion is soft, add thyme, pumpkin, potatoes, green onions, parsley, pepper, peppers, water and coconut milk. Bake the mixture for 40 minutes on low heat.
- 3 Remove the scotch cap and thyme strand and add salt.
- 4 Using a food processor, blend half of the soup and then put it in the pot.

Green Soup



PREP DURATION: 20 min. COOKING DURATION: 15 min. SERVE: 4

INGREDIENTS

- teaspoon sea salt
- tablespoon olive oil
- cups of chopped zucchini
- tablespoon minced fresh ginger root
- 1/4 teaspoon ground turmeric
- 1 pinch cayenne pepper
- 1 chopped onion
- 2 chopped celery stalks
- 1 cup of chopped spinach
- 2 peeled and diced potatoes
- cup of vegetable stock
- 1/4 tsp of ground all-spice
- 1/4 tsp of ground nutmeg
- minced garlic cloves
- 1 tbsp. turbinado sugar

DIRECTION

- 1 Heat up oil in a large pan and fry garlic, onion, celery, ginger and sugar-for 5 minutes.
- 2 When the onion is soft, add potatoes, zucchini, vegetable oil and herbs (salt, nutmeg, new spices, currants). Let the soup reach the boiling point. Let it simmer for 10 minutes on low heat.
- 3 Turn off the flame, add spinach and cayenne pepper. Mix the

broth until smooth.

King Fish Soup



PREP DURATION: 20 min. COOKING DURATION: 75 min. SERVE: 6

INGREDIENTS

- 1/2 pound King fish
- Thyme
- 1 chopped scallion
- chopped potatoes
- 1 chopped green hot pep- per
- Pimento seeds
- 1 chopped yellow yam
- 1/2 chopped pumpkin
- chopped green bananas
- chopped carrots
- Vinegar
- Salt
- 2 limes

DIRECTION

- 1 Wash the fish with vinegar and interlace. Put the fish in a bowl and-pour salt and lime.
- 2 Boil (on a medium flame) pumpkin and carrot and after 15 minutes add the remaining vegetables.
- 3 Soak the fish in another pot for 10 minutes and then remove and dis- assemble.
- 4 Add fish thyme, pimento seed, green hot pepper and sugar to

the broth and cook for 1 hour.

Jamaican Vegetarian Stew



PREP DURATION: 10 min. COOKING DURATION: 35 min. SERVE: 6

INGREDIENTS

- 3-4 sliced red chilies
- 1 tbsp. minces ginger
- 1 1/2 cup of coconut milk
- 1 inch cinnamon stick
- 1 cup cubed sweet potatoes
- cups chopped spinach
- cloves
- 1 sliced onions
- 1 cup cubed zucchini
- Black pepper and Salt to taste
- 1 cup cubed yellow pumpkin
- minced garlic cloves
- 2 bay leaves

DIRECTION

- 1 Put pumpkin, potatoes, onions, zucchini, garlic, ginger, bay leaf, cinnamon stick and cloves in a large size pot and cover the ingredients with water. Let the vegetables and herbs infuse for 15 minutes.
- 2 Add coconut milk, salt, black pepper, pepper and spinach and cook for 20 minutes.

Coconut Milk Curry



PREP DURATION: 20 min. COOKING DURATION: 25 min. SERVE: 2-3

INGREDIENTS

- onions
- tbsp. of fresh thyme
- tbsp. ginger
- Oil for cooking
- 2 cups coconut milk
- 2 bonnet chili
- 2 tbsp. lime juice
- 2 cups heavy cream
- 1 lb. boneless chicken
- 2 cups cilantro leaves

DIRECTION

- 1 Take a medium size pan, heat up the oil on a moderate flame.
- 2 Now add thyme and chicken; cook well for roughly 10 minutes.
- 3 Then add pepper, onion, ginger and lemon juice
- 4 Now add the thick cream, coriander leaves and coconut milk and mix everything well.
- 5 Bake well for about 20 minutes.
- 6 Serve as cooked!

Jamaican Style Chicken Bites



PREP DURATION: 15 min. **COOKING DURATION:** 25 min. **SERVE:** 2-3

INGREDIENTS

- Pepper and salt as required
- onions
- tbsp. of soy sauce
- 1 lb. chicken breast
- fresh thyme
- 2 tbsp. of sugar
- 2 tbsp. white vinegar
- Cucumber sauce to serve
- Oil for frying

DIRECTION

- 1 Prepare the chicken by adding pieces of chicken to the bowl and then adding pepper, sugar, white vinegar, thyme, salt and soy sauce.
- 2 Now take a pan, add warm oil on a medium flame.
- 3 Cover the bowl with chicken and leave to marinate for a few hours.
- 4 Now place the chicken and onion pieces on the sticks.
- 5 Now roast the good chicken on both sides for about 15 minutes.
- 6 Serve.



DON'T MISS OUT!

Click the button below and you can sign up to receive emails whenever Zeppieri Francis publishes a new book. There's no charge and no obligation.

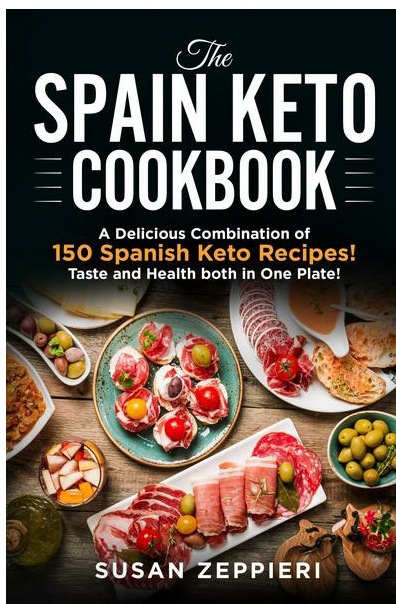
Sign Me Up!

<https://books2read.com/r/B-A-LAXP-ECMZB>

BOOKS  READ

Connecting independent readers to independent writers.

Did you love *Jamaican Recipe Book*? Then you should read [The Spain Keto Cookbook](#) by Susan Zeppieri!



Are you in Spain or want to try Spanish food while on a Keto diet? Are you unsure what to eat and what not to eat when on a ketogenic diet? We've compiled a list of tasty dishes that you may try for excellent health. The keto diet, often known as the ketogenic diet, is a high-fat, low-carb diet. It contains around 70% fat, 25% protein, and 5% carbohydrates. Ketones are the source of the keto in ketogenic. When you consume a reasonable quantity of protein and very little carbohydrates, or low-carb, ketones are tiny fuel molecules created in the liver from fat and can be used as an alternative source of energy. As a result, when you follow the ketogenic diet, your body runs nearly exclusively on fat. Your insulin levels drop, and fat burning accelerates, resulting in weight loss. The nicest part about being in ketosis is that you feel less hungry yet never run out of energy. - Carbohydrates – Organic substances including sugar, starch, and cellulose are referred to as carbs. Carbs may be found in meals such as bread, chapatti, rice, potato, and so on, and the body uses glucose from carbohydrates to produce energy. - Fats – Fat is an important part of a balanced diet because it contains vital fatty acids and is utilized to create and store energy in the body. Some vitamins are fat-soluble, which means they can only be used by the body if fats are present.

Proteins – Proteins are present throughout the body. They can be found in big compounds with long amino acid chains. Proteins make up 30% of our muscles and 20-30% of our liver, making them a crucial part of our diet. The essential thing to remember while trying to go into ketosis is to avoid consuming too many carbohydrates. You'll probably need to limit your carb consumption to less than

50 grams of net carbohydrates per day, preferably less than 20 grams. The diet will be more effective if there are fewer carbohydrates. Initially, counting carbohydrates can be beneficial. You can maintain keto without counting if you have stick to our suggested meals and dishes. We've compiled a list of the best and easiest keto diet recipes for you to attempt for precise results.

Then Scroll up, Click on "Buy now with 1- Click", and Get Your Copy Now!  