

Jerk Seasoning Options

Jerk Seasoning - #1

8 centiliters garlic
6 habaneros
2 bunches green onions; cut in 1 inch pieces
1/2 cup allspice
1/2 cup brown sugar
1 tablespoon thyme
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 tablespoons soy sauce

Blend all ingredients in a food processor and then refrigerate.

Jerk Seasoning #2

4 green onions
1 centiliter garlic
1 hot pepper
1 tablespoon ground allspice
1 teaspoon dried thyme
1/2 teaspoon ground nutmeg
1/2 teaspoon cayenne
2 tablespoons fresh lime juice

Combine all ingredients in blender; pulse to puree mixture. Store in covered glass container in refrigerator. Make 1/3 cup. To use, rub 2 teaspoons or more jerk seasoning over surface of meat. Let stand at least 1 hour before cooking. Flavor is enhanced if marinated overnight.

Jerk Seasoning #3

1 tablespoon ground allspice
1 tablespoon dried thyme
1 1/2 teaspoons cayenne
1 1/2 teaspoons fresh ground black pepper
1 1/2 teaspoons ground sage
3/4 teaspoon ground nutmeg
3/4 teaspoon ground cinnamon
2 tablespoons garlic powder
2 tablespoons salt
1 tablespoon sugar

1/4 cup olive oil
1/4 cup soy sauce
3/4 cup white vinegar
1/2 cup orange juice
one lime; juice of
1 Scotch Bonnet pepper; seeded, finely chopped
1 cup white onions; chopped
3 green onions; finely chopped
4 8 ounce chicken breasts

Mix it all in a glass bowl, not metal or wood, marinate the chicken for at least one hour, longer if possible. Grill for about 6 minutes per side and baste with the marinade.

Jerk Seasoning #4

8 centiliters garlic
6 habaneros
2 bunches green onions; cut in 1-inch pieces
1/2 cup allspice
1/2 cup brown sugar
1 tablespoon thyme
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 tablespoons soy sauce

Blend all ingredients in a food processor and then refrigerate.

Jerk Seasoning

4 green onions
1 garlic clove
1 hot pepper; such as Serrano, habanero or scotch bonnet,
1 tablespoon ground allspice
1 teaspoon dried thyme
1/2 teaspoon ground nutmeg
1/2 teaspoon cayenne
2 tablespoons fresh lime juice

Combine all ingredients in blender; pulse to puree mixture. Store in covered glass container in refrigerator. Makes 1/3 cup. To use, rub 2 teaspoons or more jerk seasoning over surface of meat. Let stand at least 1 hour before cooking. Flavor is enhanced if marinated overnight.