



  
**Jammin'  
JeRk**

# DISCOVER THE TASTE OF JAMAICA



Featuring 9 mouthwatering recipes  
guaranteed to spice up your next meal!



# **Jammin' JeRk**

## **What is Jerk?**

*Native to Jamaica, Jerk is a spicy, smokey marinade that packs a punch! Authentic Jerk marinades are made with a base of allspice (called "pimento" in Jamaica) and scotch bonnet peppers, which are then mixed with onions, thyme, garlic, ginger and cinnamon.*

*Traditionally applied to chicken or pork, modern recipes also apply Jerk to beef, lamb, fish, shellfish, tofu, vegetables and more!  
We hope you enjoy these mouthwatering recipes!*

## **JERK CHICKEN**

*Everyone's favourite! Here are 4 of our favourite ways to cook Jerk Chicken*

**Jamaican BBQ Beer-Can Chicken with Sweet Potato Wedges**

**Traditional Jerk Chicken with Rice and Peas**

**Summer Jerk Chicken with Pineapple and Mango Salad**

**Jammin' JeRk Chicken Burger**

## **LOW AND SLOW**

*Succulent and tender recipes with spice and smoke undertones.*

**Slow Cooked Red Stripe Beef Cheeks**

**Slow Roasted Jerk Pork with Caribbean Salsa**

## **MIDWEEK DELIGHTS**

*Get your mid-week dose of Jerk with these quick and easy crowd pleasers!*

**Jammin' JeRk Nachos**

**Jammin' JeRk Beef Burger with Pineapple Relish**

**Jammin' JeRk Sweet Potato and Black Bean Curry**



# Jammin' JeRk

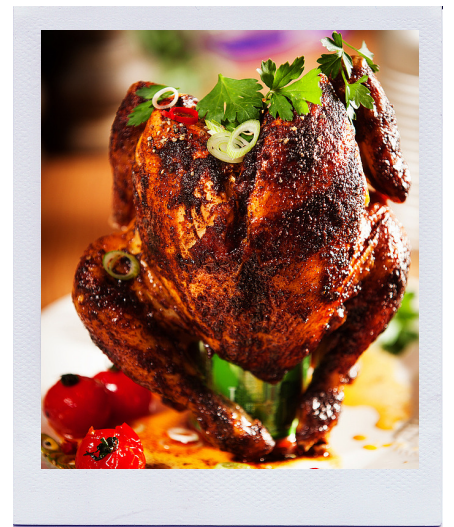
## JAMAICAN BBQ BEER-CAN CHICKEN WITH SWEET POTATO WEDGES

Fancy yourself as the tong-master?

This mouthwatering chicken is guaranteed to spice up your next BBQ

### Ingredients

1 size 20 chicken (Roughly 2kg)  
125g Jammin' JeRk Marinade (Hot or Mild depending preference)  
½ bunch thyme  
2 lemon, zest  
375ml can of beer  
Lemon wedges (to serve)  
Jammin' JeRk BBQ Sauce (to serve)  
Murray River pink salt  
Freshly cracked black pepper  
Extra-virgin olive oil  
Vegetable oil



### Instructions

1. Pre-heat the BBQ
2. Gently tease skin away from breast of chicken and massage the Jammin' JeRk marinade into the breast and then massage onto the skin.
3. Open beer can and place the can in a “beer-can chicken” holder, and lower chicken onto stand ensuring it is well secured, with the wing tips tucked back, then place the chicken in roasting dish.
4. For the potatoes, cut the potatoes into wedge shaped pieces and toss with a little vegetable oil, thyme, lemon zest, salt and pepper, arrange in a single layer on a roasting tray.
5. Place chicken into the centre of the BBQ grill and the potatoes onto the resting rack, turn the centre burner off and the side burners set to low and cook with the hood down for approximately 45 minutes per kilo until the internal temperature of the chicken reaches 74°C and the sweet potatoes are cooked.
6. Once cooked remove from the BBQ, cover with a clean cloth, and leave the chicken to rest for 1 hour in a warm place.
7. To serve, re-heat for 5 minutes on the BBQ, and carve and serve with sweet potatoes, BBQ sauce and lemon wedges.



# Jammin' JeRk



## TRADITIONAL JERK CHICKEN WITH RICE AND PEAS

Live like a true Jamaican with an authentic chicken, rice and peas dish!

Serves 4-6

### Ingredients

12 Chicken Thighs  
1 Lime, Halved  
100g Jammin' JeRk Hot Marinade  
Jammin' JeRk BBQ sauce to taste

Rice & beans

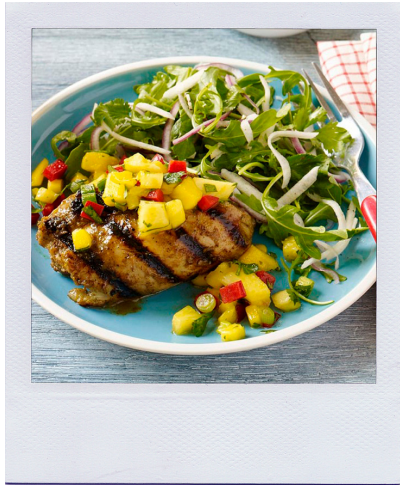
200g basmati rice  
400g can coconut milk  
1 bunch spring onions, sliced  
2 large thyme sprigs  
2 garlic cloves, finely chopped  
1 tsp ground allspice  
2 x 410g cans kidney beans, drained

### Instructions

1. Make a few cuts in the chicken thighs and pour the Jammin' JeRk marinade paste over the meat, rubbing it into all the crevices. For best results cover and leave to marinate overnight in the fridge.
2. Authentic jerked meats are smoke-grilled. To get an authentic jerk experience, add some wood chips to your barbecue, and cook your chicken over slow, indirect heat for 30 mins.  
To oven bake, heat oven to 180C. Put the chicken pieces in a roasting tin with the limes and cook for 45 mins until tender and cooked through.
3. While the chicken is cooking, prepare the rice & beans.  
Rinse the rice in plenty of cold water, then tip it into a large saucepan with all the remaining ingredients except the kidney beans. Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 mins.
4. Add the beans to the rice, then cover with a lid. Leave off the heat for 5 mins until all the liquid is absorbed. Squeeze the roasted lime over the chicken and serve with the rice & peas, and some Jammin' JeRk BBQ sauce to if you would like to add a spicy tangy flavour.



# Jammin' JeRk



## JERK CHICKEN PINEAPPLE AND MANGO SALAD

The laste of summer!  
Fresh, fiery and a perfect mid-week salad.

Serves 4-6

**Preparation time: 30 mins (plus overnight marinade if desired)**

**Cook time: 10 minutes**

### Ingredients

#### Salsa

- 2 cups chopped mango
- 2 cups chopped pineapple
- 1 cup diced red bell pepper
- $\frac{2}{3}$  cup diced scallions
- $\frac{1}{4}$  cup chopped fresh cilantro
- 2 tbsp fresh lime juice
- 2 tbsp rice wine vinegar
- 1 tsp honey
- 4 tsp olive oil

#### Salad

- 120g of rocket or chosen leafy green
- 20g of fennel

#### Chicken

- 60g of Jammin' JeRk Mild Marinade
- 1 kg boneless chicken thighs

### Instructions

#### Salsa :

1. Combine all ingredients in a bowl and refrigerate until ready to serve.

#### Salad:

1. Wash rocket, drain and put aside. In a separate bowl – shave fennel into thin slices. Toss the rocket and fennel with a drizzling of olive oil..

#### Chicken :

1. Put chicken in a large bowl and using your hands rub in the marinade. Leave for 20 minutes or overnight in the refrigerator.
2. On a medium-high grill cook chicken until browned and juices run clear, 10 to 15 minutes.
3. Assemble with salad and salsa, serve and enjoy!



# Jammin' JeRk



## JAMMIN' JERK CHICKEN BURGER

Serves 2

### Ingredients

- 2 skinless chicken breasts
- A few thyme sprigs, leaves picked
- 1 tbsp olive oil
- 2 tsp Jammin' JeRk Hot or Mild marinade
- Juice of 1 lime
- 2 large bread rolls
- ½ small mango, stoned, peeled and sliced
- 1 tomato, sliced
- 1 lettuce heart, shredded
- 2 tbsp mayonnaise and ketchup, to serve (optional)

### Instructions

- Place the chicken breasts in between pieces of cling film and bash with a rolling pin to flatten.
- Mix together the thyme, oil, Jammin' JeRk marinade and half the lime juice in a bowl.
- Add the chicken and leave to marinate for 5 minutes.
- Heat a griddle pan until hot and cook the chicken for 4-5 mins each side or until cooked through.
- Remove from the heat.
- Meanwhile, toast the cut sides of the buns for 1-2 mins.
- Put the chicken on the buns and top with the mango, tomato and a handful of lettuce.
- Squeeze over the rest of the lime and top with mayo and ketchup, if you like.



# Jammin' JeRk



## SLOW COOKED RED STRIPE BEEF CHEEKS

These beef cheeks will just melt in your mouth and the jus will have you drooling for more!

**Serves 6**

**Preparation time: 30 mins**

**Cook time: 5 hours**

## Ingredients

### Beef Cheeks

125gm of Jammin' JeRk Hot Marinade  
3 tbsp olive oil  
1.5kg beef cheeks (6 beef cheeks)  
3 carrots, roughly diced  
4 garlic cloves, chopped  
4 shallots, chopped  
6 stems of fresh thyme or 1½ tsp dried thyme leaves  
4 dried bay leaves (or 3 fresh bay leaves)  
4 bottles of Red Stripe beer (or other lager beer)  
3 tsp salt

### Creamy Mashed Potato

800g Sebago potatoes  
250g butter  
500g Rock Salt  
Salt and pepper

### Buttery green peas

300g of green beans(washed and ends snipped)  
50g butter (salted)

## Instructions

Prepare the beef cheeks and cut off any large, fatty membrane.  
Take 100gm of Hot Jerk Marinade and rub onto beef cheeks.  
Heat 2 tbsp olive oil in a large heavy based casserole pot over high heat.  
Sear the beef cheeks on each side.  
Remove beef cheeks onto a plate, loosely cover with foil to keep warm.  
Turn down the heat to medium high and heat the remaining 1 tbsp of olive oil.  
Add garlic, shallots, and carrots. Sauté for 3 minutes or until shallots are becoming translucent.



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## Oven Directions

1. Pour 2 bottles of beer into the casserole pot (with the shallots mixture) and stir to scrape the brown bits off the bottom of the pot. Bring to simmer for 1 minute.
2. Add 150gm of Hot Jerk Marinade + remaining ingredients to pot and stir. Ensure cheeks are covered with enough liquid (use extra beer if required)
3. Put lid on and cook in the oven at 160C for 3.5 to 4 hours until the cheeks are very tender. Check during the cooking that the liquid is not boiling, but instead is gently simmering. Turn at least once during cooking.
4. Remove cheeks from oven. Open the casserole pot and remove enough jus from the pot for a sauce. Place the pot back into oven.
5. Strain the jus to remove the lumps and add 1 tbsp flour and 1 tbsp butter to thicken the sauce.
6. Bring the Sauce to simmer over medium heat and simmer until it turns a darker brown colour and reduces to a gravy consistency – about 3 to 5 minutes.
7. Remove from heat, cover and keep warm until ready to serve.

## Creamy Mashed Potatoes

1. Place sea salt in baking pan and fill the base.
2. Wash(scrub) potatoes to remove any excess dirt. Place the potatoes on top of salt evenly spaced and put in oven(at about the 1 hour mark of cooking the beef cheeks)
3. At the 3 hour mark of the beef cheeks being done. Remove the potatoes from the oven they should be cooked(stick a fork in and it should come out clean)
4. Cut potatoes into halves or quarters depending on the size.
5. Place potatoes in a potato ricer and squeeze all into a medium size pot
6. Add 250g butter to pot and fold with spatula til smooth.
7. Add salt and pepper to taste. Use more butter to adjust the consistency to your liking.
8. Use a stick blender if you want it to be very smooth (this is what I did).

## Buttery Green Peas

1. At the 3 ½ hour mark of cooking the beef cheeks, place the peas in the skillet with enough water to just cover them. On the stove top, bring the skillet to a simmer for 10 minutes.
2. Drain the water from the skillet and add 50gm of butter
3. Stir in skillet for 5 minutes and then turn off stove.

## To serve

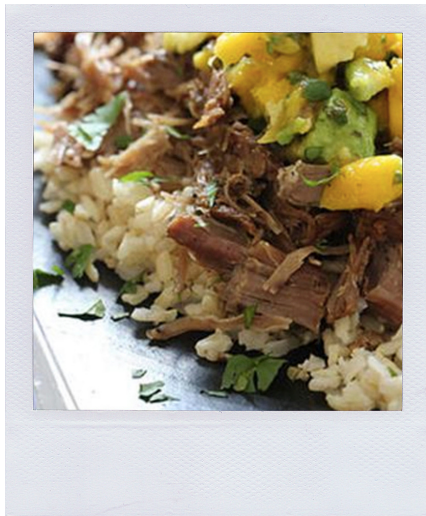
1. Serve beef cheeks on Creamy Mashed Potatoes, drizzled with a generous amount of Sauce. Garnish with the buttery green peas.

YUM!





# Jammin' JeRk



## SLOW ROASTED JERK PORK WITH CARIBBEAN SALSA

Sumptuous combination of  
flavoursome pork with a fresh Caribbean salsa.

**Serves 8**

### Ingredients

4 kg boneless pork shoulder blade roast  
6 cloves garlic, crushed  
2 - 3 tbsp Jammin' JeRk Mild Marinade  
1/2 tsp salt  
1 lime, squeezed  
1/2 cup fresh orange juice

For the Caribbean salsa:

1 avocado, diced  
1 ripe mangos, peeled, seeded and coarsely chopped  
1 ripe papaya, peeled, seeded and coarsely chopped  
1 1/2 tbsp chopped red onion  
1-2 tbsp chopped fresh corinander  
2-3 tbsp fresh lime juice  
salt and pepper, to taste

### Instructions

Using a sharp knife, cut slits into the pork and stuff holes with half of the crushed garlic. Combine the remaining garlic, jerk marinade, and salt, rub all over pork (you may want to wear gloves!) Place in a large container, pour the lime and orange juice over the pork; cover and refrigerate 5 hours or overnight, turning pork occasionally so the marinade covers all of pork.

The next morning, put everything in the oven and roast at 260C for 20 minutes, then lower the heat to 120C and cook for another 2 hours, or until the roast is nice and brown on the outside and the internal temperature reaches 60C as measured with an instant read thermometer.

Remove the roast from the oven, cover loosely with foil and let it rest for 15 minutes before shredding using two forks. Remove liquid from oven tray, add salt and pepper to taste for use as a flavoursome gravy.

The Slow Roasted Pork and Caribbean salsa can also be served over white rice for a complete meal.



# Jammin' JeRk



## JAMMIN' JERK NACHOS

A Mexican-Jamaican mash up  
that makes a perfect mid-week meal.

**Serves 4**

### Ingredients

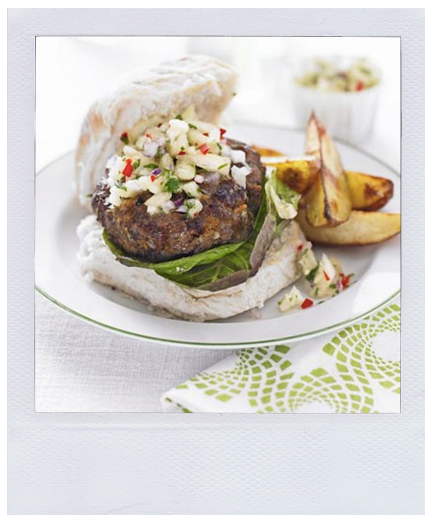
- 2 tsp olive oil
- 1 red onion, diced
- 400g chopped tomatoes
- ½ x 250g bottle Jammin' JeRk Mild or Hot Marinade
- 2 x 200g bags tortilla chips
- 200g sliced jalapeno chillies
- 2 x 125g balls mozzarella, torn
- 1 small handful coriander, chopped
- 230g tub fresh guacamole
- ½ x 300ml pot sour cream

### Instructions

- Heat oven to 220C.
- Heat the oil in a frying pan, then soften the onion and chilli for a few mins.
- Stir in the tomatoes, and Jammin' JeRk Marinade Paste. Bubble for 1 min, then remove from the heat.
- Take a large ovenproof dish or plate and pile on the tortilla chips.
- Cover with the tomato sauce, then sprinkle with the sliced jalapeños and mozzarella.
- Place in oven for about 15 mins until cheese is melted.
- Scatter with coriander.
- Serve with guacamole and sour cream on the side.



# Jammin' JeRk



## JAMMIN' JERK BURGER WITH PINEAPPLE RELISH AND SWEET POTATO WEDGES

Serves 4

### Ingredients

4 very sweet potatoes  
1 tbsp olive oil  
1 red onion, ½ grated and ½ finely chopped  
1 carrot, grated  
400g beef mince  
2 tsp of Jammin' JeRk Mild Marinade  
200g fresh pineapple, finely chopped  
1 red chilli, deseeded and finely chopped  
1 small handful coriander, roughly chopped  
juice 1 lime  
lettuce and burger buns, to serve

### Instructions

Heat oven to 190C.

Scrub the sweet potatoes and cut into wedges. Lay the wedges in a single layer on a baking tray, drizzle with oil, season and toss to coat. Bake for 40 mins until crisp.

Mix together the grated onion, carrot, mince and Jammin' JeRk marinade in a large bowl, then shape into 4 evenly sized patties.

Heat a non-stick frying pan till hot, then cook the burgers for 5-6 mins each side.

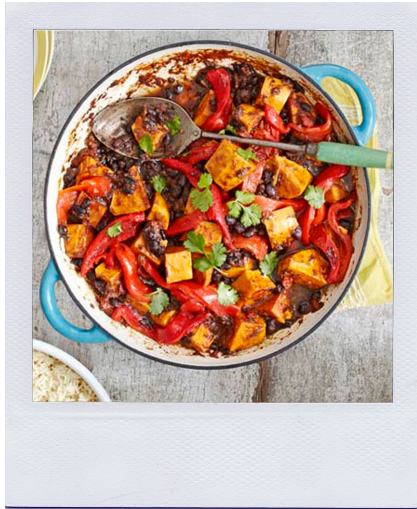
To make the relish, mix the chopped onion, pineapple, chilli, coriander and lime juice.

To serve, place the burgers in split buns with some lettuce and the spicy relish.

Serve with the crispy sweet potato wedges.



# Jammin' JeRk



## JAMMIN' JERK SWEET POTATO AND BLACK BEAN CURRY

Serves 4

### Ingredients

2 onions - 1 finely diced, 1 roughly chopped  
2 tbsp sunflower oil  
50g ginger, roughly chopped  
1 small bunch coriander, leaves and stalks separated  
3 tbsp Jammin' JeRk Hot Marinade  
2 thyme sprigs  
400g can chopped tomatoes  
4 tbsp red wine vinegar  
3 tbsp demerara sugar  
2 vegetable stock cubes, crumbled  
1kg sweet potatoes, peeled and cut into chunks  
2 x 400g cans black beans, rinsed and drained  
450g jar roasted red peppers, cut into thick slices

### Instructions

Gently soften the diced onion by frying in the sunflower oil in a big pan or casserole.

Blend together the roughly chopped onion, ginger, coriander stalks and Jammin' JeRk marinade.

Add this mix to the softened onion and fry until fragrant.

Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer.

Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more.

Stir in the beans, peppers, salt and pepper and simmer for another 5 mins until the potatoes are almost tender.

To serve, roughly chop the coriander leaves and stir in.

Enjoy!