

Jamaican Jerk Marinade



Jamaican Jerk Marinade



Love Jamaican food? You will absolutely love this jerk marinade which is what authentic Jamaicans use when they are making jerk pork/chicken/fish. It is quite spicy but you can adjust to suit.

Ingredients

- 1 medium onion, coarsely chopped**
- 4 medium escallions/spring onions chopped**
- 3 Sprigs of Fresh Thyme**
- 20g fresh ginger, chopped**
- 8 Garlic cloves, chopped**
- 1 Tablespoon cinnamon powder**
- 1 Tablespoon Allspice(pimento) coarsely ground**
- ½ Tablespoon freshly grated nutmeg**
- 2 tablespoons dark brown sugar**
- 1 Tablespoons Honey**
- 2 Tablespoons Soy sauce**
- 1 or 2 Scotch Bonnet peppers (deseeded)**

How to make the Jerk Marinade

Use a food processor to blend all the ingredients together.

Remember you can adjust to suit your own taste by adding more scotch bonnet peppers

(Store in the fridge in a sterilized jar until ready to use)