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PRESENTS...

Let's Get Cooking!!!

Jerk Paste

Ingredients

1/2 medium onion
2 large spring onions
2 Sprigs Fresh Thyme
5 cm piece of fresh ginger
8 Garlic cloves chopped
1 Tablespoon cinnamon powder
1 Tablespoon Allspice (Pimento seeds) coarsely ground
1 tablespoon white pepper
½ Tablespoon freshly grated nutmeg
2 tablespoons brown sugar
2 Tablespoons Honey
2 Tablespoons Soy sauce - Use Tamarind Sauce for GF
1 Knorr stock cube
1 cup Pineapple(optional)
1 or more Scotch Bonnet Pepper for heat - leave out if not a fan of spicy food.

Prep Time: 5 minutes

Cooking Time: 0
minutes

Serves



Method

1. Blend all the above ingredients together in a blender to form a smooth paste. Double the ingredients and freeze the rest for another day
2. Marinade your meat/veggies of choice overnight to enjoy a flavoursome meal.
3. Cook your meat in the oven or the traditional Caribbean way... on a barbeque.