Jamaican Jerk Marinade

Recipe courtesy of Chris Williams

Ingredients

- 6-12 Scotch bonnet chiles, stemmed and seeded
- 2 bunches of green onions (scallions), trimmed and roughly chopped
- 1 small onion, roughly chopped
- 6 cloves garlic, peeled
- 1/2 cup chopped cilantro
- ½ cup chopped flat-leaf parsley
- 2 TBSP coarsely chopped peeled fresh ginger
- 1 TBSP fresh thyme leaves
- 1 TBSP chopped fresh marjoram
- 2 teaspoons ground all spice
- $\frac{1}{2}$ teaspoon black pepper
- ½ teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cinnamon
- 3 TBSP lime juice
- 3 TBSP soy sauce
- 3 TBSP Dark Rum
- 3 TBSP Vegetable Oil2 TBSP Kosher Salt
- 2 TBSP White Vinegar
- 2 TBSP Brown Sugar

Procedure

- 1.Place chiles, scallions, onion, garlic, cilantro, parsley, ginger, thyme and marjoram in a food processor and finely chop.
- 2. All remaining ingredients. Pulse food processor until mixed.
- 3. This is terrific marinade for wings, pork and chicken. Save some to serve on the side.
- 4. Also terrific by itself as a sauce.



Urban Farming Institute

What we do

- One of the largest agricultural facilities in Broward County.
- A preceptor site for the Nova Southeastern University Registered Dietician Nutritionist Graduate Level Programming
- Built over 70 community gardens in Broward County, including hydroponics and raised garden beds
- A place where the community learns how to grow healthy food while enhancing their local environment



discoverufi.org



Support our Mission



Scan QR code for details

Come Visit Us! 1101 NE 40th Ct Oakland Park, Fl 33334