

JAMAICAN JERK SEASONING

This mix makes an amazing marinade for grilled chicken, pork or fish!

- 3 tablespoons garlic powder
- 6 teaspoons onion powder
- 6 teaspoons cayenne pepper
- 6 teaspoons dried thyme
- 6 teaspoons dried parsley
- 6 teaspoons sugar
- 6 teaspoons sea salt
- 3 teaspoons Smoked paprika
- 3 teaspoon ground allspice
- 1.5 teaspoon dried crushed red pepper
- 1.5 teaspoon black pepper
- 1.5 teaspoon ground nutmeg
- 0.75 teaspoon ground cinnamon



Mix all the ingredients, into a small food processor, and pulverize for 1 minute. Add the mixture to a clean dry glass jar and seal with a small food safe desiccant enclosed.

Simple Jerk Marinade:

¼ Olive Oil,

¼ Orange Juice

2-3 Tsp Jerk Seasoning. (more if you like it spicy)

Mix well

Toss Chicken breast, Fish Filets or Pork in the marinade and refrigerate for 1 hr. Let rest at room Temp for 15 minutes before grilling. Serve over Saffron Rice or on top of a crisp salad! Delish!