

# Jamaican Recipes



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Recipes gathered from the Internet

Credit goes to the Recipe Authors



## Jerk Chicken

If you haven't tried Jamaican jerk chicken, what are you waiting for? This will end up being your go-to recipe for chicken. You no longer have to keep making more dull and boring traditional baked chicken. Add some spice to your kitchen. You can make this on the grill or for those winter months, you can make it in your oven.

Course Dinner

Cuisine Jamaican

Prep Time 30 minutes

Cook Time 45 minutes

Total Time 1 hour 15 minutes

Servings 6

Calories 394 kcal

Author <https://myjamaicanrecipes.com>

### Ingredients

- 4 Lbs Chicken Chicken Parts
- 1 Whole Lime (Used for washing/cleaning chicken)
- 1 Tsp Salt (Can be adjusted for taste)
- 1 Tsp Black Pepper (Can be adjusted for taste)
- 1 Whole Scotch Bonnet Pepper (Can be adjusted for taste)
- 6 Cloves Garlic Chopped
- 1/2 Tsp Cinnamon
- 1 Tbsp Allspice Ground
- 1 Tsp White pepper
- 1/2 Tsp Nutmeg Ground
- 3 Tbsp Brown Sugar
- 1 Whole Onion
- 3 Stalks Scallions (AKA Green Onions)
- 2 Sprigs Thyme
- 1 Tbsp Ginger
- 1 Tbsp Soy Sauce
- 1 Tbsp Beef Bouillon
- 2 Tbsp Olive Oil

## Instructions

1. Wash chicken with Lime, or you can substitute with lemon juice.
2. Remove all excess fat and dry with paper towels. Try to remove as much water from the chicken as possible.
3. You are now ready to prepare your Jerk Sauce (Marinade) to add to your chicken.
4. If you are not up to making your own marinade you can use a store bought brand of jerk seasoning like [Grace Jerk seasoning](#).
5. Add Olive oil to a skillet under a medium flame.
6. Add your garlic, and scotch bonnet pepper, and allow to saute for about 4 minutes.
7. Now you can add your brown sugar, cinnamon, nutmeg, and allspice,
8. Stir mixture in skillet until it becomes pasty (approx 5 minutes)
9. You can now remove contents from skillet and allow it to cool for about 20 minutes.
10. Add the mixture to a food processor, add your thyme, ginger, white pepper, scallions, onion, soy sauce, and beef bouillon and blend for about 30 seconds. (Make sure your setting is set to pulse).
11. You can add additional Scotch Bonnet Pepper(s) to suit your taste.
12. Rub your chicken with your marinade (make sure you drench it to ensure maximum flavor).
13. You can now place your chicken in the refrigerator in a ziplock bag or covered bowl for a few hours (I prefer to do it overnight).
14. Place your chicken in a baking pan lined with aluminum foil. You can add a wire before placing the chicken in the baking pan so excess grease will drip down into the pan.
15. Bake chicken for approximately 20 minutes until it is crisp and brown.
16. You can then flip your chicken parts in your baking pan to do the other side. and let it bake an additional 20 minutes.
17. You can use the leftover marinade, and add it to your excess grease from the baking pan and saute for about 10 minutes. (This makes for a delicious gravy and or dipping sauce)

## Recipe Notes

Serve with Jamaican [Rice and peas](#) as a side dish.

Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>394</b>
	% Daily Value*
<b>Total Fat</b> 7.9g	10%
Saturated Fat 0.1g	0%
<b>Cholesterol</b> 194mg	65%
<b>Sodium</b> 852mg	37%
<b>Total Carbohydrate</b> 11.8g	4%
Dietary Fiber 1.6g	6%
Total Sugars 5.7g	
<b>Protein</b> 65.2g	
Vitamin D 0mcg	1%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 1228mg	26%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



## Jamaican Ackee And Saltfish Recipe

Ackee and saltfish can be served for breakfast, lunch or dinner. This is perhaps the most versatile of all Jamaican dishes.

Course Breakfast

Cuisine Jamaican

Prep Time 35 minutes

Cook Time 15 minutes

Total Time 50 minutes

Servings 6

Calories 371 kcal

Author <https://myjamaicanrecipes.com/>

### Ingredients

- 1/2 lb saltfish (codfish)
- 1 can ackee (drained)
- 1 tbsp vegetable oil can be substituted with olive oil
- 1 clove garlic minced
- 1 tbsp black pepper
- 1/2 whole scotch bonnet pepper (chopped and de-seeded) optional if you dont like hot peppers
- 1 whole tomato sliced in half moon slices
- 1 whole yellow onion sliced in half moon slices
- 2 sprigs fresh thyme (dried) can be substituted with 1 tsp bottled thyme
- 1 whole green pepper chopped

### Instructions

1. Soak the saltfish in cold water for about 1 ½ hr, then place in a medium-sized saucepan filled with water and boil for about ½ hr. Remove the saltfish from the saucepan, then remove all bones and break the saltfish into flakes.
2. Add 1 tablespoon of vegetable or olive oil to a medium-sized [frying pan](#) and let heat for about 3 minutes until hot. Add your, saltfish, chopped onions, garlic, scotch bonnet pepper, and green pepper to the heated oil, and sauté for approx. 8 minutes over a medium flame.
3. Add your drained ackee and 1 tablespoon of black pepper, tomato and your thyme to the frying pan and let cook for approximately 15 minutes over a medium flame.

## Recipe Notes

1. Served with boiled green bananas and boiled or fried dumplings. To reduce sodium, boil salt fish (codfish) until salt dissipates.

Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>371</b>
	% Daily Value*
<b>Total Fat</b> 25.3g	<b>32%</b>
Saturated Fat 10.2g	<b>51%</b>
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 5311mg	<b>231%</b>
<b>Total Carbohydrate</b> 13.2g	<b>5%</b>
Dietary Fiber 1.1g	<b>4%</b>
Total Sugars 3.1g	
<b>Protein</b> 25.4g	
Vitamin D 0mcg	0%
Calcium 119mg	9%
Iron 2mg	9%
Potassium 129mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.



## Jamaican Steam Fish Recipe

This is an old Jamaican favorite fish recipe. It is fairly easy to prepare, and the ingredients are common. You can pick up all ingredients at your local supermarket.

Course Dinner

Cuisine Jamaican

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes

Servings 6

Calories 273 kcal

Author myjamaicanrecipes.com

### Ingredients

- 2 lbs Kingfish Sliced
- 3 tbsp Butter
- 3 cups Water For cleaning Fish
- 1 whole Yellow Onion Sliced
- 2 whole Tomatoes Sliced
- 2 stalks Green onions Diced
- 1 small Bell Pepper Sliced
- 2 cloves Garlic Minced
- 1 tbsp Thyme Use 3 sprigs fresh thyme if available
- 1/2 tbsp Scotch Bonnet Pepper Diced and De-seeded
- 1 tbsp Black Pepper
- 1 tbsp Salt
- 1 tbsp White Vinegar For cleaning fish
- 2 tbsp Lemon Juice For cleaning fish
- 10 whole Okras Sliced

### Instructions

1. Clean fish in a solution of lemon juice and water (You can use 1 tbsp of white vinegar as a substitute for lemon juice). Let fish dry (Use paper towels to dry fish, until water is absorbed in paper towels).
2. Season fish evenly with salt and black pepper.
3. Melt butter in a medium-sized [saucepan](#) over a medium flame.
4. Add tomatoes, bell pepper, okras, garlic, thyme, and scotch bonnet pepper to saucepan.
5. Let sauté for approx. 10 mins or until ingredients are soft.

6. Add onion to sautéed vegetables.
7. Add fish (laid evenly in medium-sized saucepan)
8. Let cook for 20 minutes.

## Recipe Notes

You have just prepared a Jamaican steam fish dinner. Serve with white rice, or boiled green bananas, and or Jamaican boiled dumplings.

Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>273</b>
	% Daily Value*
<b>Total Fat</b> 8.6g	11%
Saturated Fat 4.3g	21%
<b>Cholesterol</b> 86mg	29%
<b>Sodium</b> 522mg	23%
<b>Total Carbohydrate</b> 6.3g	2%
Dietary Fiber 1.6g	6%
Total Sugars 3.7g	
<b>Protein</b> 40.9g	
Vitamin D 4mcg	20%
Calcium 90mg	7%
Iron 1mg	8%
Potassium 1000mg	21%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**



# Brown Stew Chicken

## Ingredients

1 whole chicken (about 3lb)  
A splash of lime juice  
1 teaspoon of salt  
1 teaspoon of pepper  
1 onion  
3 stalks of scallion  
1 hot pepper (ideally [scotch bonnet](#))  
1 sweet pepper  
3 cloves of garlic  
1/2 inch of ginger  
3 tomatoes  
Oil for frying  
3 tablespoons of flour  
3 sprigs of fresh thyme (or 3 teaspoons of dried thyme)  
1 tablespoon of butter  
1 tablespoon of browning  
2 tablespoons of soy sauce  
2 cups of water

## Cooking

1. Wash the chicken with a splash of lime juice.
2. Chop the chicken in to small pieces.
3. Chop the onion, scallion, hot pepper, sweet pepper, garlic and tomatoes in to small pieces, grate the ginger and mix the flour in 1/4 cup of water.
4. Season the chicken by rubbing in salt, pepper, thyme, onion, scallion, hot pepper, sweet pepper, garlic, ginger and tomato.
5. Leave to marinate for one hour
6. Scrape the seasoning off the chicken and fry in the oil until the chicken is sealed (about 5 minutes).
7. Remove the chicken and drain off the oil.
8. Melt the butter in the saucepan and fry the onion, scallion, hot pepper, sweet pepper, garlic, tomatoes and thyme for three minutes
9. Add the water, soy sauce and browning and simmer for five minutes.
10. Stir the flour/water mixture in to the stew then add the chicken.
11. Simmer for five minutes, occasionally stirring gently.
12. Serve with [rice and peas](#)

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# Callaloo and Codfish

## Ingredients

You will need the following ingredients to prepare enough callaloo and codfish for 4 people

1/2 lb Saltfish (dried, salted codfish)  
1/2 lb shredded callaloo  
1 medium onion  
1/2 tsp black pepper  
3 tbsp of butter  
1/2 a hot chilli pepper (ideally [Scotch Bonnet](#))  
1 sweet pepper  
1 chopped tomato  
1 sprig fresh thyme or 1 tsp dried thyme

Optional ingredients:-

2 cloves of garlic  
4 Scallion (or spring onions)  
6 Slices of bacon

## Preparation

1. Cover the saltfish in cold water. Let soak overnight (minimum 8 hours) changing the water several times (this removes most of the salt)
2. Bring a pan of cold water to the boil and gently simmer the fish for 20 minutes (until the fish is tender).
3. Chop the onion, sweet pepper, chilli pepper and tomato whilst waiting for the fish to cook.
4. Wash the Callaloo in a pot of water and drain thoroughly.
5. Remove the fish from water and allow to cool.
6. Remove all of bones and skin then flake the flesh of the fish.

## Cooking

1. Melt the butter in a frying pan and add the onion, black pepper, sweet pepper, chilli and thyme. Fry for about 5 minutes.
2. Add the callaloo and half a cup of water, cover and steam for 15 minutes.
3. Add the tomatoes and flaked fish and steam for another 10 minutes

## Serving

Serve with [yam](#), [green banana](#), [fried dumplings](#) and [Irish potato](#) (collectively known as food).



## Jamaican Curry Chicken recipe

This is one of the quickest and easiest recipes you will ever make. This is fast and delicious and will have your family asking for more. This recipe is one of my favorites. This is how you make a traditional Jamaican curry chicken dinner. Curry chicken was first introduced to Jamaica by Indian immigrants who brought many different spices and even fruits to Jamaica. This has been a staple of almost every Jamaican home for centuries. You can now add a Jamaican curry chicken recipe to your recipe rolodex.

Course Main Course

Cuisine Jamaican

Prep Time 30 minutes

Cook Time 40 minutes

Total Time 1 hour 10 minutes

Servings 10

Calories 410 kcal

Author <https://myjamaicanrecipes.com/>

### Ingredients

- 3 lbs chicken parts
- 1 whole yellow onion chopped
- 1 whole tomato sliced in half moon slices
- 1 whole sweet pepper chopped
- 1 tbsp black pepper
- 3 cloves garlic chopped
- 1 whole scotch bonnet pepper chopped (AKA habanero)
- 4 tbsp yellow Jamaican curry powder
- 4 tbsp vegetable oil can be substituted with olive oil
- 2 cups water
- 3 whole small potatoes chopped
- 3 whole small to medium carrots chopped

### Instructions

1. Start preparing your chicken by cleaning and washing it. You can use lemon juice, salt, or white vinegar in a bowl with water to clean the chicken. Remove all excess fat from chicken. Rinse chicken with water after cleaning

2. Begin seasoning the chicken by adding 2 tablespoons of curry powder and 1 tablespoon of black pepper. You can then add your chopped scallions (green onions), garlic, onion, green pepper, scotch bonnet pepper (habanero) and rub vigorously into the chicken until the all pieces are coated with your seasonings.
3. Add 4 tablespoons of vegetable oil to a heated [saucepan](#) (medium flame) then add 2 tablespoons of curry powder to the heated oil . Let it cook for about 3 minutes.
4. You then add your chicken to the saucepan, cover, and let cook for about 15 minutes (stirring occasionally). Add in 2 cups of water then add 1 sliced tomato, 3 sprigs of fresh thyme, the cubed potatoes, and carrots and let cook for 35 minutes.

## Recipe Notes

Please check out this video from <https://cooklikeajamaican.com/amp/>

Serve with white rice, or traditional [Jamaican rice and peas](#), with a side salad. In Trinidad and other islands, it is also served with [roti](#).

Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	<b>410</b>
	% Daily Value*
<b>Total Fat</b> 16.1g	<b>21%</b>
Saturated Fat 7.6g	<b>38%</b>
<b>Cholesterol</b> 121mg	<b>40%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 23.7g	<b>9%</b>
Dietary Fiber 3.9g	<b>14%</b>
Total Sugars 2.6g	
<b>Protein</b> 41.9g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 3mg	17%
Potassium 803mg	17%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**



## Jamaican Cornmeal Porridge Recipe

This Jamaican cornmeal porridge recipe is the perfect start to your day. It is a hot and tasty alternative to your regular oatmeal or wheat cereals. If you grew up in a Jamaican household, I am sure you have had cornmeal porridge as a breakfast staple.

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 1

Calories 154 kcal

Author <https://myjamaicanrecipes.com>

### Ingredients

- 1 Cups Cornmeal Use yellow cornmeal
- 3 Cups Water
- 1 Cup Coconut Milk
- 1/4 Tsp Nutmeg Ground
- 1 Whole Cinnamon Stick
- 1/2 Tsp Salt
- 1 Tsp Vanilla Extract
- 3 Tbsp Condensed Milk

### Instructions

1. Add 3 cups of water, and 1 cup of coconut milk to a medium sized saucepan under a medium flame.
2. Add cornmeal to the saucepan and whisk until it becomes smooth in texture.
3. Add nutmeg, cinnamon stick, and vanilla extract, and bring to a boil.
4. Add condensed milk and continue stirring to avoid your porridge to become lumpy.
5. You can add more water or coconut milk to get the consistency that suits your taste.
6. Let cook for approximately 20 minutes.

### Recipe Notes

Serve hot. Garnish with fruits of your choice. I recommend freshly sliced bananas or peaches.

You can check out this very helpful video by [Chef Ricardo](#) to see step by step directions.

## Nutrition Facts

Servings: 5

Amount per serving

**Calories** **154**

% Daily Value\*

<b>Total Fat</b> 2.9g	4%
Saturated Fat 1.4g	7%
<b>Cholesterol</b> 8mg	3%
<b>Sodium</b> 323mg	14%
<b>Total Carbohydrate</b> 31.4g	11%
Dietary Fiber 2g	7%
Total Sugars 8.9g	
<b>Protein</b> 4.5g	
Vitamin D 0mcg	1%
Calcium 97mg	7%
Iron 1mg	5%
Potassium 144mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.