



JAMAICAN JERK SAUCE RECIPE ` PLANT-BASED APPLICATIONS: ROASTED SWEET POTATO & JERK BBQ SAUCE

JERK PASTE

- Spice blend: 3 tb allspice (or better yet whole pimento), 1 tb cinnamon, 1 tb nutmeg
- 4 scotch bonnet peppers
- 5 clove garlic
- 1 knob ginger
- 2 sprig rosemary or thyme
- 4 sprig parsley
- ¼ cup dark soy sauce
- ¼ cup apple cider vinegar
- 2 tb vegetable oil
- 2 tb brown sugar
- 1 bunch green onion, chopped
- ½ Spanish onion, chopped
- 1 lime, juiced
- S+P to taste

METHOD:

1. Measure and toast the spice blend for 20 seconds on medium heat until fragrant.
2. With gloved hands, de-seed the peppers.
3. Measure and add all the ingredients to a food processor.
4. Blend for 60 seconds, until it is a smooth paste.
5. Adjust seasoning to taste.

YEILD: 1.5 cups

SHELF LIFE: 1 month

ROASTED JERK SWEET POTATO

- 1-2 sweet potatoes, rough chopped
- ½ Spanish onion, rough chopped
- 3 tb jerk paste
- S+P to taste
- Cilantro, chopped for garnish

METHOD:

1. Add the chopped vegetables to a mixing bowl, marinate with jerk paste.
2. Store in the fridge for 30 minutes.
3. Set your oven to 400
4. Roast on a parchment lined baking sheet for 45 minutes, stirring once at the halfway point.
5. Season with S+P to taste.
6. Garnish with chopped cilantro.



JERK BBQ SAUCE

- 1 cup BBQ sauce
- 1.5 tb jerk paste

Mix together the ingredients, store in the fridge for up to two weeks.