



The Heart Of The Matter Achieving True Personal Power



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recommend starting with chicken breasts or thighs 5 from 1 vote

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web step 1 make the jerk seasoning place the chiles scallions garlic ginger cilantro thyme sugar salt allspice cinnamon pepper and salt in food processor and grind to a coarse paste work in the oil rum and soy sauce to obtain a thick but spreadable paste

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web recipe tips place the food in a glass baking dish and spread the jerk seasoning over it turning to ensure an even coating marinate large pieces of meat overnight medium size pieces for 4 to 6 hours and small pieces for 1 to 2 hours covered in the refrigerator barbecue or indirect grill the meat using moderate heat and plenty of wood smoke

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marinade which is enough to marinate a whole chicken do you meat a favor and marinate it for at least 4 hours before cooking if you can let it marinate overnight for best flavor

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web for the brine 2 cups water 4 tablespoons coarse salt kosher or sea 4 tablespoons granulated sugar 6 garlic cloves peeled

and halved lengthwise 1 small orange quartered 1 lemon quartered 1 small onion peeled and quartered 2

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web the most well known flavor in caribbean food is the legendary jerk seasoning a delicious marinade or rub for meat and fish whose distinctive flavor comes from spices such as allspice and thyme pirate jonny s incorporates these traditional caribbean spices and herbs and more to make any meal easy and flavorful