



Jamaican Jerk Seasoning

This is a blend of various spices including red and black pepper, sugar, thyme, all-spice, salt, onion, and turmeric. The most prevalent aroma is all-spice.

This wonderful seasoning blend is most famous for its use in Caribbean cooking and for making jerk chicken. It works well on any type of grilled meat, chicken or fish. Be careful not to over season. Jamaican Jerk seasoning blend is very strong and can easily overpower a dish.



680373 6/23 oz.



Jerk Chicken

- 1 tablespoon Jerk Seasoning
- 1 tablespoon orange juice
- 1 teaspoon onion powder
- 4 boneless skinless chicken breast halves (about 1¼pounds)

Mix seasoning, orange juice and onion powder in a small bowl to make a spice paste. Rub spice paste on both sides of chicken. Broil or grill over medium heat 6 to 8 minutes per side or until chicken is cooked through.