

# A World of Flavor

## Jamaican Jerk Seasoning Paste

Product Code: 16984

*“Don’t worry, be happy” with this perfect blend of roasted red onions, garlic and Jamaican spices that will make any meat sing.*



### Suggested Applications:

- Short ribs with Jamaican Jerk honey glaze
- Jamaican Jerk chicken and black bean chili
- Jamaican Jerk burger with grilled pineapple
- Sweet potato fries with sweet banana Jamaican Jerk ketchup

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### SHORT RIBS WITH JAMAICAN JERK HONEY GLAZE

20 g Olive oil  
15 g SupHerb Farms Fusions™ Salsa Blend  
37 g SupHerb Farms Fusions™ Jamaican Jerk Seasoning Paste  
62 g Honey  
30 g Water  
1.8 g Corn starch  
1360 g Beef short ribs, large, slow cooked  
.07 g each Salt and pepper to taste

#### JAMAICAN JERK AND HONEY GLAZE PREPARATION

1. Add oil to a large sauté pan and heat on medium-high until oil smokes.
2. Add SupHerb Farms Fusions™ Salsa Blend and Jamaican Jerk Seasoning Paste. Stir well.
3. Add honey and water and bring to a boil.
4. In a separate bowl, add 1.8 g of the warm jerk paste honey glaze just made. Blend well and add back into the sauté pan.
5. Cook for 1 minute until the sauce thickens.
6. Remove sauce from the pan and place in a bowl. Set aside and allow to cool at room temperature.

#### SHORT RIBS PREPARATION

1. Preheat oven to 285° F.
2. Season slow-cooked beef ribs with salt and pepper.
3. Add olive oil to a large black skillet and heat on medium-high. Brown each side of the ribs and place into a baking pan. Baste beef ribs with some of the glaze.
4. Add beef ribs to the oven and bake for 6 hours. Baste beef ribs with the glaze each hour.

#### TO SERVE

Serve with pineapple salsa.

### SWEET BANANA JAMAICAN JERK KETCHUP

87 g Golden raisins  
59 g SupHerb Farms Fresh Frozen Roasted Yellow Onion  
27 g SupHerb Farms Fresh Frozen Garlic Minced  
115 g Tomato paste  
357 g Large ripe bananas, mashed  
290 g Cider vinegar  
138 g Water  
113 g Brown sugar  
.08 g Salt  
169 g Corn syrup  
107 g SupHerb Farms Fusions™ Jamaican Jerk Seasoning Paste

#### PREPARATION

1. Add raisins, SupHerb Farms Fresh Frozen Yellow Onion, Garlic, tomato paste, banana and half of the vinegar to a food processor with a metal blade. Blend until mixture is smooth.
2. Pour mixture into a heavy sauce pan. Add remaining vinegar, water, brown sugar and salt.
3. Heat mixture on medium-high and bring to a boil. Reduce heat to low and cook uncovered for 1 hour and 15 minutes. If ketchup texture gets too thick while cooking, add additional water.
4. Add corn syrup and SupHerb Farms Fusions™ Jamaican Jerk Seasoning Paste. Cook ketchup for 10 more minutes.
5. Remove from heat and allow mixture to cool to room temperature.
6. Strain mixture through a fine strainer, and then mash the solids with back of a spoon.
7. Package mashed mixture into a glass container and seal.
8. Refrigerate for up to one month.

#### TO SERVE

Serve on a grilled chicken sandwich or use as a dip for shrimp or sweet potato fries.

