

Jamaican Jerk Seasoning Paste/Marinade

Learn how to make this delicious homemade jerk paste/marinade which hails from the beautiful island of Jamaica. It's so quick, easy, and full of aromatic herbs and spices.

Total Time: 20 minutes
Servings: 1 jar
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Ingredients

- 2 tbsp pimento berries or 10 berries
- 1 tbsp black pepper
- 1 tsp cinnamon
- ½ tsp nutmeg
- 2 tbsp raw cane sugar or coconut sugar
- 1 T sea salt
- 5-7 fresh sprigs of thyme or 1 T dried
- 1-inch ginger peeled (1 T)
- 8 large scallions chopped
- 4-5 garlic cloves
- ¼ cup coconut aminos (soy alternative) or use organic soy instead.
- ¼ cup Worcestershire (optional)
- ½ cup olive oil
- Juice of 2 fresh limes or ¼ cup worth
- Scotch bonnet to taste seeded and roughly chopped (1 for mild heat, 2 for medium, use 3 or more if you want more heat) skip if you don't care for any spiciness.



Directions

1. Add all of the ingredients to a blender (for a smooth thinner paste) or food processor (creates a thicker/chunky paste).
2. Blend into a smooth consistency and use accordingly.

Notes

- Don't substitute any of the listed ingredients if possible
- Add a splash of water if you want your paste slightly thinner.
- It's normal for the color of the paste to vary from dark brown to an off brown color. Add a splash of browning to make your paste/marinade darker.
- The quantity makes a full mason jar worth of paste.
- Keep the paste refrigerated, in terms of its shelf life. I usually use it within 2 weeks of making it.
- This is a freezer friendly paste, feel free to freeze the paste instead (can do this in small ice cubes) and use within 3 months.
- Use gloves if you are handling the scotch bonnet and remember the heat is in the membrane.
- Fresh is best, again, we always aim to adhere to authenticity so use fresh ingredients where possible. For example, fresh ginger not powdered, pimento berries not the powdered allspice, fresh scallion and so forth.
- The amount of scotch bonnet peppers used is UP TO YOU. The more you use the spicier the paste.