

TASTE OF JAMAICA

A GUIDE TO AUTHENTIC YARDSTYLE JAMAICAN CUISINE

BY CHEF O'SHANE DALEY

SPECIAL EDITION

Recipe Sneak Peek



CONTENTS

INTRODUCTION	1
My Cooking Journey & How It (All) Started	3
Jamaican Cuisine At A Glance	10
P Is for Perseverance	13
I. KITCHEN KUCHRIMENTS	15
Ingredients and Pantry Staples	16
Common Jamaican Cooking Methods.....	17
Tips For Success In the Kitchen.....	18
II: STARTERS	21
Codfish & Shrimp Fritters	22
Jerk Wings.....	25
Jerk Chicken Pizza	26
Ackee Pizza	29
III: SOUPS FOR THE SOUL	31
Red Peas Soup	32
Beef Soup	35
Chicken Soup	36
Fish Tea	39
Creamy Lobster Soup.....	40
IV: BROWN STEW & TING	43
Brown Stew Fish	44

Brown Stew Chicken 47
Brown Stew Turkey..... 48
Brown Stew Beef 51
Home Style Chicken52
Brown Stew Soy Chunks (V)..... 55

V: JAMAICAN SPECIALTIES 57

Ackee & Saltfish..... 58
Escovitch Fish..... 61
Escovitch (Fried) Lobster Tails.....62
Mackerel Run Down65
Oxtail and Butter Beans66
Curry Goat69
Stew Peas70
Jerk Chicken73
Curry Chicken..... 74
Jamaican Fried Chicken77
Sauteed Callaloo (V)78

VI: JAMAICAN TWIST81

Shrimp Rasta Pasta82
Steamed Lobster & Mussels 85
Curry Lobster 86
Curry Lobster Wrap 89
Vegetable Stuffed Roasted Snapper..... 90
Sweet & Sour Fish93
Barbi Fried Chicken 94
Barbecue Salmon97
Honey Barbecue Shrimp 98
Pineapple Shrimp 101

VII: SIDES 103

Rice & Peas (V).....104

Pumpkin Rice (V)	107
Callaloo Rice (V)	108
Boiled Ground Provisions (V)	111
Sauteed Cabbage (V)	112
Festival (V)	115
Fried Dumplings (V)	116
Fried Ripe Plantains (V)	119

VIII: DRINKS AND COCKTAILS.....121

Carrot Juice	122
Pineapple Ginger Drink (V)	125
Rum Punch	126
Lemonade (V)	129

IX: COMMON JAMAICAN SAYINGS131

Common Jamaican Sayings	132
--------------------------------------	------------

XI: OUTRO: JA YARDSTYLE137

Look Book	138
Glossary	145
Metric Conversions	149
Taste Of Jamaica Playlist	151
A Final Word	153
Acknowledgments	155
About the Author	157
Connect With Chef O'Shane	159