

## Soul Food Recipes

Here we will look behind the history of the food and share some of our favourite mouth-watering recipes with you and for the more creative amongst you to also try at home please feel free to substitute all meats for vegetarian alternatives.

### Jamaica Jerk History

Whilst jerk chicken is the most popular Jamaican food worldwide. The term jerk refers to the method of seasoning and cooking and the technique dates back to the 1600s.

At that period, runaway slaves who were known as Maroons escaped to the mountainous regions of Jamaica. There, they encountered the Taino and Arawak tribes who had developed specific ways of preserving meat by hanging it over a low fire.

It is thought that the covered pit used to cook jerk was a way of hiding any smoke from cooking, which might lead to their discovery and recapture. The village of Boston in Jamaica is considered to be the birthplace of jerk cooking, and if you visit today you can still try authentic jerk cooked on open pits.

The pimento wood logs give the jerk meat its unique flavour. As for the spiciness, it is down to the Scotch bonnet pepper used in the marinade. The taste is quite fiery, so you may need to drink a lot of water with your meal.

## Recipe

### Jamaica Jerk Chicken

Prep Time: 2 hours Cook Time: 30 minutes Total Time: 2 hours 30 minutes



#### Ingredients

- 1 large spatchcock chicken
- 1 tablespoon jerk seasoning
- 3 tablespoons brown sugar
- 1 tablespoon mustard
- 1 tablespoon red wine vinegar
- 2-3 deseeded Scotch bonnet chillies
- 5 peeled garlic cloves
- 5 spring onions
- Fresh thyme sprigs
- Zest and juice of 2 limes
- 1/2 teaspoon sea salt
- 100 ml lager

# Black History Month Nottinghamshire Police

## October 2021 - Food



Groundnut oil

### Jamaica Jerk Chicken Instructions

1. Place all ingredients apart from the chicken and groundnut oil into a food processor until smooth.
2. Coat the chicken in the mixture, then cover and leave to marinate in a fridge, ideally overnight but for a minimum of 2 hours.
3. Heat the oven to 200C or Gas 6.
4. Remove any excess marinade and rub with the groundnut oil. Wipe off the excess marinade and rub with oil.
5. Barbecue or griddle the chicken with breast side down until skin is golden brown.
6. Place onto a baking tray and roast in the oven for 35 minutes.
7. Check that the chicken is cooked by piercing the leg with a skewer.
8. Remove from the oven and leave at room temperature for 10 minutes before carving and serving.

Jerk chicken is often considered the best Jamaican food and is traditionally served with rice and peas.

### Jamaican Patties History

One of the best Jamaican dishes, the Jamaican Pattie is a derivative of the Cornish Pastie. In the 17th Century, many Cornish ships and sailors were involved in the triangle of routes between England, East Africa and the Caribbean for the trade-in spices, slaves and sugar etc. This is still reflected today in Jamaican place names such as Cornwall County, Falmouth, and Trelawney Parish.

The Cornish Pastie travelled with the Cornish sailors to Jamaica and became adapted over time to include local ingredients, and to suit the tastes and palate of the people, eventually developing into the Jamaican Patties of today. The Chinese and Indian influences in the spices came from indentured workers who travelled to the Caribbean to work following the abolition of slavery.

## Recipe

### Jamaican Beef Patty

Prep Time: 10 minutes Cook Time: 50 minutes Total Time: 1 hour



#### Ingredients

- 250 g minced beef
- 500g pack of shortcrust pastry
- 1 egg
- 1 potato cut in 1 cm cubes
- 1 finely chopped small onion
- 2 crushed garlic cloves
- 2 tablespoons tomato purée
- 2 tablespoons of hot pepper sauce (or use finely chopped scotch bonnet peppers)
- 2 tablespoons turmeric powder
- Drizzle of oil
- Thyme sprigs

### Jamaican Beef Patty Instructions

1. Heat the cooking oil in a pan over low heat, and then add the onion when it is hot.
2. Cook for 5 minutes, then increase the heat and add the beef and garlic and cook until the meat is browned.
3. Add 200 ml of water, the potato, purée, thyme and half the turmeric.
4. Cover the pan and allow to simmer for 15 minutes.
5. Remove the lid and cook for further 5 minutes, then add the hot pepper sauce and remove from the heat.
6. Heat the oven to 220C or gas 7.
7. Roll the pastry out using a small plate and cut into 6 circles approximately 15cm.
8. Add mince to one side of each circle. Mix the rest of the turmeric with the beaten egg.
9. Brush some of it around each circle's edge before folding the pastry over and sealing the edges with a fork.
10. Place onto a lined baking tray, brush with some more egg and bake for 20-25 minutes or until golden brown.

### Curried Goat History

Another well-known Caribbean dish is curried goat. When slavery was abolished, many people came from India to work on the plantations, which popularised curries on the Caribbean island.

## Recipe

### Curried Goat

Prep Time: 30 minutes Cook Time: 2 hours 30 minutes Total Time: 3 hours



#### Ingredients

- 800g goat or beef cut into pieces
- 1 lamb or chicken stock cube
- 1 juiced lime
- 2 tablespoons oil
- 1 finely chopped onion
- 5 crushed garlic cloves
- 80 g grated fresh ginger
- 2 tablespoons curry powder
- 1 scotch bonnet chillies, seeds and pith removed, finely chopped
- Can of chopped tomatoes
- A sprig of fresh thyme
- 400g tin black-eyed beans drained and rinsed

### Curried Goat Instructions

1. Preheat the oven to 150°C or Gas 2.
2. Heat the oil in a casserole dish on medium heat, add the onion and fry for 5 minutes until soft.
3. Add the goat, chillies, curry powder, garlic and ginger.
4. Season with salt and pepper, then fry for 5 minutes until the meat is brown.
5. Add the thyme, stock cube and chopped tomatoes.
6. Cover the casserole and place in the oven.
7. Cook until the goat is tender, for around 2 ½ hours.
8. Add the beans and lime juice then return the casserole to the oven without the lid on for 5 minutes more.

### Brown Stew Chicken

This is one of my personal favourites the taste and flavours combined.

A filling Jamaican dish, Brown Stew Chicken is very easy to make. Also known as fricassee chicken, this tasty dish is often served with boiled potatoes, dumplings, plantains or yams.

### Recipe

#### Jamaican Brown Stew Chicken

Prep Time: 1 day Cook Time: 50 minutes Total Time: 1 day 50 minutes



#### Ingredients

- 3lb chicken chopped into portions with skin removed
- 2-3 carrots
- 1 bunch scallions
- 1 sprig of thyme or tsp dried thyme
- 1 stalk scallion (Spring onion)
- 2-3 garlic cloves
- 1-2 tomatoes
- 1 tsp pepper sauce
- 2 tsp brown sugar
- Salt
- Black pepper
- 1 tablespoon olive oil

#### Brown Stew Chicken Instructions

1. Season chicken with salt, black pepper, crushed garlic cloves, brown sugar and chopped scallion.
2. Marinate the chicken for at least one hour but ideally overnight, covered in the refrigerator.
3. Heat the oil in a large non-stick frying pan.
4. Fry the chicken for a few minutes on each side, until brown.
5. Remove the chicken from the pan.
6. Fry the chopped carrots until brown.
7. Add chopped tomatoes, hot pepper sauce, thyme and a cup of hot water into frying pan.
8. Allow to simmer for 5 minutes and then add the chicken to the pan.
9. Add another cup of hot water, reduce heat and cover the pan.
10. Simmer for around 30 minutes until the chicken is tender and the brown sauce has thickened.
11. Serve with white rice, fried plantains or yams.

## **Jamaica Rum Cake**

You cannot leave Jamaica without tucking into some finger-licking the Caribbean rum cake. Traditionally served at Christmas and weddings in Jamaica, this famous Run Cake lasts for months at room temperature... more Rum, the better the cake!

## **Recipe**

### **Jamaica Rum Cake**

Prep Time: 20 minutes Cook Time: 50 minutes Total Time: 1 hour 10 minutes



#### **Ingredients**

- 5 tablespoons Jamaican dark rum
- 5 tablespoons strong brewed Blue Mountain or espresso coffee
- 180 g sugar
- 180 g unsalted butter
- 110 g flour
- 3 eggs
- 1 tablespoon sugar
- 1 tablespoon raisins or chopped dry fruits

### **Jamaica Rum Cake Instructions**

1. Soak the raisins or dried fruit in half the rum.
2. Cream half the sugar and butter together in a mixing bowl.
3. Add the flour, coffee and eggs one at a time, with the soaked dried fruit.
4. Mix well then pour the mix into a greased cake tin and cook in a preheated oven at 150C or gas mark 2 for 50 minutes.
5. Check whether fully cooked by inserting a metal skewer, which should come out clean.
6. Remove from the oven and leave to cool.
7. Mix the remaining sugar, butter and rum with a quarter of a cup of water in a saucepan over medium heat.
8. Simmer for a few minutes, stirring to avoid burning.
9. Make small holes in the cake with a toothpick, and then pour the syrup over the cake.
10. If possible, leave the Jamaica rum cake overnight in order to let the flavour develop.

### Sweet Potato Pudding

With recipes dating back to Medieval Europe, the Sweet Potato Pie is a traditional pudding usually prepared by boiling the potatoes until soft and skinning them for mashing. The pie filling is usually a combination of the mashed potatoes, sugar, milk and eggs; however, varied regions include spices, flavouring or additions such as vanilla and cinnamon.

Today sweet potato pies are the staple of most African American homes. However, Africans were more familiar with yams as they are native to Africa. Around the 16th century, Europeans brought over the practice of preparing pumpkin pies as the main dessert to West Africans as well as sweet potatoes. However, during the times of slavery, Africans abandoned the use of pumpkin, leaned towards the use of yams, and then eventually transitioned onto sweet potatoes.

### Recipe

#### Sweet Potato Pudding



#### Ingredients

- 2 lbs. sweet potatoes, peeled/grated
- 1 to 2 cups of coconut milk
- 1 1/2 to 2 cups brown sugar
- 1 tsp. cinnamon
- 1 tsp. vanilla, flavoured/essence
- 2 tbsp. melted butter or margarine
- 1 tsp. salt (maybe more, taste and mix)
- 1/2 tsp. grated nutmeg
- 1 cup all-purpose flour, sifted.
- 1 tsp. mixed spice

#### Sweet Potato Pudding Instructions

1. In a large bowl, add the grated sweet potatoes, sugar, flour, melted butter, coconut milk, cinnamon, nutmeg, vanilla, and mixed spice and mix and taste for sweetness desire and add more salt if needed.
2. Scrape the batter into a greased 9 or 10-inch baking tin. Bake in a preheated oven at 180c for 1 hr. or a bit more

### Banana Bread

Bananas were not the sweet yellow banana we know today, but the red and green cooking variety, now usually referred to as plantains.

The yellow sweet banana is a strain of the cooking banana, discovered in 1836 by Jamaican Jean Francois Poujot, who found one of the banana trees on his plantation was bearing yellow fruit rather than green or red. Tasting this new discovery, he found it to be sweeter in its raw state, without the need for cooking. He quickly began cultivating this sweet variety.

Soon these bananas were being imported from the Caribbean and were considered such a unique treat; they were eaten on a plate using a knife and fork and were all the rage in 1876.

### Recipe

#### Banana Bread



#### Ingredients

- 285g/10oz plain flour
- 1 tsp bicarbonate of soda
- ½ tsp salt
- 110g/4oz butter, plus extra for greasing
- 225g/8oz caster sugar
- 2 free-range eggs
- 4 ripe bananas, mashed
- 85ml/3fl oz milk mixed with 1½ tsp lemon juice
- 1 tsp vanilla extract

#### Banana Bread Instructions

1. Preheat the oven to 180C Gas 4.
2. Sift the flour, bicarbonate of soda and salt into a mixing bowl.
3. In a clean bowl, cream, butter, sugar together until light and fluffy.
4. Add the eggs, mashed bananas, milk and vanilla extract to the butter and sugar mixture and mix well. Then fold in the flour mixture.
5. Grease a loaf tin and pour the cake mixture into the tin.
6. Place in oven and bake for about an hour or until well risen and golden-brown.
7. Once cooked remove from oven turnout onto a wire rack to cool before serving, I like my served warm!