

JAMAICAN SLOW BRAISED PORK

LATIN AMERICA
/ JAMAICA

ORIGINS

Like most Caribbean islands, Jamaican foods are derived from many different settlement cultures, including British, Dutch, French, Spanish, East Indian, West African, Portuguese, and Chinese. The origins of jerk pork can be traced back to the pre-slavery days of the Cormantee hunters of West Africa through the Maroons, who were Jamaican slaves that escaped from the British during the invasion of 1655. It was traditionally cooked in open-ground pits.



4



30 min



90 min



WHAT YOU NEED

- 1/2 pkt (17 g) Jamaican spice
- 1/4 cup orange juice
- 500 g pork belly, cubed
- 1/2 lime, juiced
- 1 onion, chopped
- 1/2 tbsp brown sugar
- 2 tbsp apple cider vinegar
- 1 1/2 tbsp soy sauce

HOW TO MAKE

①

Combine all ingredients except onion in a bowl with 2 tbsp olive oil. marinate 30 min.

②

Sauté onion, 5 min. Add marinated pork pieces, sauté 5 min.

③

Return remaining marinade and simmer, 90 min.

HOW TO SERVE

Serve with cooked rice, pineapple salsa* and garnish with fresh coriander.

HINTS & TIPS

SIDES & CONDIMENTS

Pineapple salsa*:

100 g pineapple

1/2 each diced onion, fresh chilli and capsicum

Mix all ingredients into a bowl with the juice of 1/2 lime and toss to coat.

Set aside for serving.

SWAPS & ALTERNATIVES

veggie combos: omit salad and rice and serve with steamed potatoes and broccoli.

reduce meat: 250 g pork + 200 g cooked chick-peas.

**FLAVOURS
OF THE WORLD**



FOTW.COM.AU