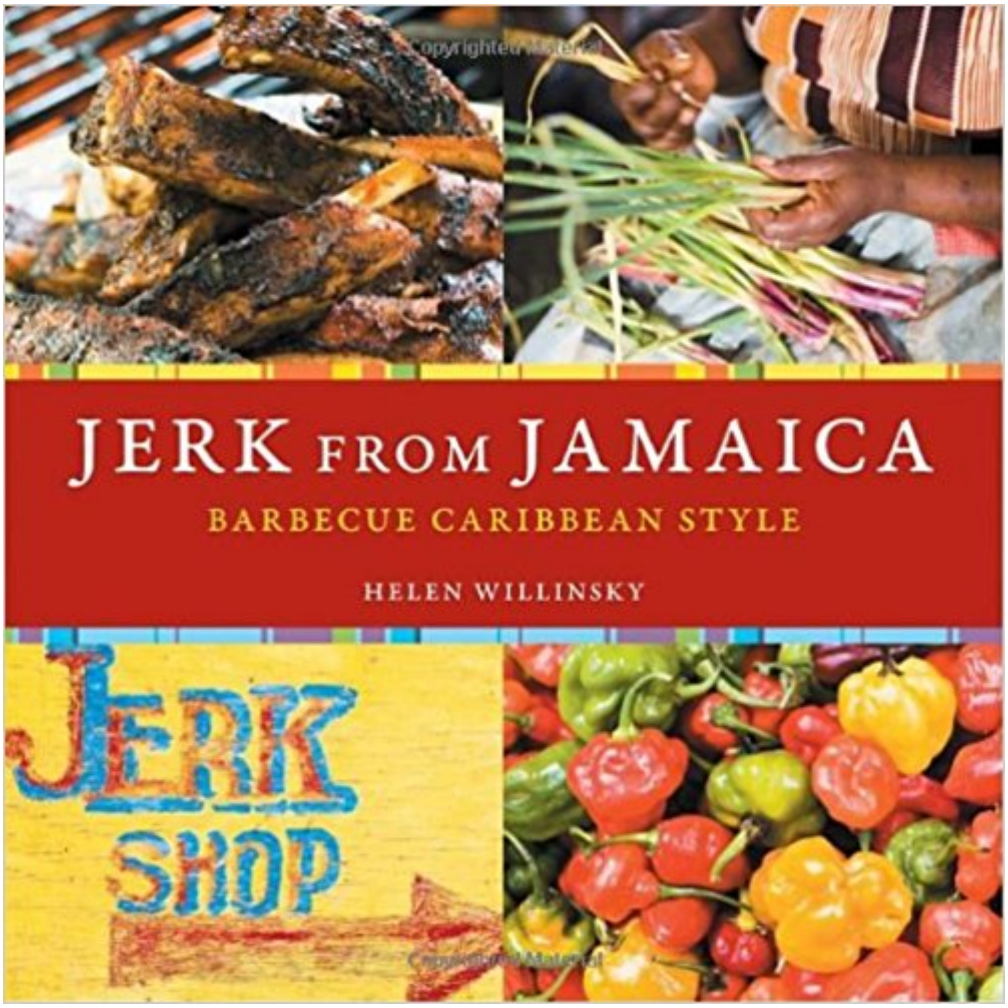
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Jerk From Jamaica: Barbecue Caribbean Style



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Synopsis

When Helen Willinsky first published her classic Jamaican barbecue cookbook, "jerk" was a fightin' word to most people outside the Caribbean Islands. Not anymore. In love with fire and spice, barbecue fans and food lovers of all stripes have discovered the addictive flavors of Jamaican jerk seasoning and Caribbean cooking in general. Newly revised and bursting with island color, Helen's book provides a friendly introduction to this increasingly popular way to season and prepare meat, chicken, and fish. Rounded off with simple and authentic recipes for sides, drinks, and desserts, JERK FROM JAMAICA is a complete backyard guide to grilling and eating island-style. Ã Â An updated, expanded, and repackaged version of the only authentic Jamaican jerk barbecue book, featuring chicken, pork, beef, lamb, goat, seafood, and more. Includes more than 100 recipes, with a dozen new ones from the author and other Jamaican food mavens like Enid Donaldson and the Busha Browne Company, plus a new foreword from Jamaican cookbook author Virginia Burke. Contains 50 full-color photos, both styled food and on-location shots from the markets and jerk pits of Jamaica. Previous edition sold more than 75,000 copies.ReviewsÃ¢â ¬Å“Get this first-rate cookbook in your hands and see if you can stop.Ã¢â ¬Â•Ã¢â ¬â •Houston ChronicleÃ¢â ¬Å“Helen Willinsky makes a passionate case for the tropical taste with Jerk from Jamaica.Ã¢â ¬Â•Ã¢â ¬â •Boston Herald

Book Information

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Customer Reviews

Willinsky, a Jamaican native, first published this volume in 1990, and in this lively and completely

revised edition, she begins by explaining exactly what jerk is ("an authentic Jamaican method of cooking pork, chicken, seafood, beef, fruits, and vegetables over a fire pit or on a barbeque grill") and how it's seasoned (in general, a combination of scallions, onions, thyme, pimento, cinnamon, nutmeg, chilies and salt). She first explains how it's done in Jamaica (where jerk huts can be found everywhere), then demonstrates how these recipes can be adapted to a kitchen or backyard grill. Recipes for jerk rubs, dry seasonings and marinades are included in the first chapter, as well as a list of traditional Jamaican ingredients, like breadfruit, a large starchy vegetable. Chapters devoted to jerk pork, chicken, seafood, beef, lamb and goat recipes follow. Some are simple and traditional (Authentic Jamaican Jerk Chicken, Curry Goat), while others are variations using jerk seasoning like meat loaf, lamb kebobs, and stir-fried beef). Side dish recipes include Fried Plantains and Steamed Callaloo, a leafy green popular in Jamaica. Bright, colorful photos accompany these accessible recipes. (June) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Those who have never sampled Jamaican cuisine have no idea of the great variety of flavors and textures offered by this Caribbean island's cuisine. An amalgam of native, British, Indian, and a bit of Chinese influence, Jamaican cooking satisfies on a deep level. Although some Jamaican dishes, such as curry goat, take some experience for North American palates to appreciate, jerk pork and chicken immediately appeal as especially fragrant, if spicy, versions of familiar barbecue. Willinsky deftly offers instructions on how to re-create Jamaican jerk on any backyard American grill by using a paste of herbs, allspice, and hot pepper. Creating this homemade rub allows the cook to adjust the spiciness to an appropriate heat. Willinsky offers recipes for a full range of Jamaican specialties including rice and peas, fried plantains, and ginger beer. She also explains how to make Jamaican meat patties, certain to be a hit at any potluck. Mark KnoblauchCopyright Ã Â© American Library Association. All rights reserved

It's not an in-depth, novel, overly self-aware, aggressively gourmet book. And that's OK. Thing about jerk is that it's really Food For The People, not haute cuisine. Get too fancy with it and it loses what makes it special in the first place.This book holds well to its roots, I think. It starts from simplicity and kind of keeps it that way. The idea here is to make jerk approachable for someone, so it's not going to get too crazy. And again, that's OK. If you've never had jerk before, or only at a restaurant, then this is a good way to get started. Indeed, after some time spent with this book you may decide that Americanized jerk is missing a certain something.What I'm trying to say is that I

found this book to let me approach jerk in a bit more authentic way, I think. Again, it’s simple, but then jerk is simple.I like the book very well as an introduction. I stop a little short because even after all I just said, I do wish there were a bit more, I don’t know, guidance after one has gone through what this book has to give. It’s an introduction but it’s not an exhaustive study, and inevitably the home cook will want to experiment - which I don’t know that this book really supports.That aside, I do like the book. It’s helped me learn (or re-learn) jerk and my cooking is better as a result.

I am 3/4 into this cook book it’s okay, the jerk marinades I personally did not like in this book. I found one online that I been using for 2years now online. Go to Caribbean pot.com , link jerk marinades and give it a try. Recipe.

Looks good. A lot of recipes to try.

This weekend my beau and I decided to bbq. I pulled out this book, since I figured a red stripe and some jerk pork ribs, chicken wings, and shrimp would be awesome. I found all three recipes to be delicious, in fact my 8 year old nephew refuses to eat shrimp and he continued to shovel in the jerk shrimp. First, my cooking skill level is minimal and I found the recipes easy to prepare. Second, I really like the fact that sauce and rub recipes are used more than once throughout the book. Third, at the end of our bbq, I did not have a lot of ingredients remaining allowing for very little waste. This is a great book, it has inspired me to try other Jamaican cookbooks.

WONDERFUL recipes. It’s sleazy a favorite of mine. I live Jamaican jerk so I bought this. I began using it immediately and haven’t stopped

Everything you will need to cook like a Jamaican. If you’ve wanted to relive your Jamaican food experience then this is the book.

everything you want to know about Jerk and the recipes that best fit this wonderful spice combination

Perfect complement to my cooking/grilling skills. I would recommend this book for anyone that wants the taste and flavor of Jamaica while not being there.

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