

quick easy jamaican recipes

Quick Easy Jamaican Recipes: Delicious Flavors in Less Time

Jamaican cuisine is renowned worldwide for its vibrant flavors, aromatic spices, and hearty dishes that bring the warmth of the Caribbean to your table. If you're craving authentic Jamaican taste but short on time, you're in luck! There are plenty of quick and easy Jamaican recipes that deliver bold flavors without requiring hours of preparation. Whether you're a busy professional, a student, or simply looking for a hassle-free way to enjoy Jamaican food, these recipes are perfect for satisfying your cravings swiftly and effortlessly.

In this article, we'll explore some of the best quick easy Jamaican recipes that you can whip up in under 30 minutes. From savory mains to flavorful sides and snacks, these dishes are designed to bring the island's essence to your kitchen with minimal fuss.

Popular Quick Easy Jamaican Main Dishes

1. Jamaican Jerk Chicken Wraps

Jerk chicken is a Jamaican classic, and turning it into a quick wrap makes for a perfect on-the-go meal or a quick dinner.

- **Ingredients:** Cooked jerk chicken (store-bought or homemade), flour tortillas, lettuce, tomato slices, onion, and a dollop of sour cream or mayo.
- **Preparation:**
 1. Shred or slice the cooked jerk chicken.
 2. Lay the chicken on the tortilla, add lettuce, tomato, and onion slices.
 3. Optional: Add a splash of hot sauce or a squeeze of lime for extra flavor.
 4. Roll up the tortilla tightly, cut in half, and serve.

2. Quick Jamaican Curry Goat or Chicken

While traditional Jamaican curry takes time to simmer, you can prepare a quick version using pre-cooked or shredded meat.

- **Ingredients:** Cooked shredded chicken or goat meat, Jamaican curry powder, coconut milk, garlic, onion, and spices.

- **Preparation:**

1. Sauté chopped onion and garlic until fragrant.
2. Add curry powder and cook for 1-2 minutes.
3. Stir in the shredded meat and coconut milk.
4. Simmer for 10-15 minutes until heated through and flavors meld.
5. Serve with quick steamed rice or bread.

Flavorful Jamaican Sides and Snacks

3. Festival (Sweet Fried Dumplings)

Festival is a beloved Jamaican side dish, and it's incredibly quick to make.

- **Ingredients:** Cornmeal, flour, sugar, baking powder, salt, vanilla essence, and water.

- **Preparation:**

1. Mix dry ingredients in a bowl.
2. Add water and vanilla to form a dough.
3. Shape into small logs or discs.
4. Fry in hot oil until golden brown, about 3-4 minutes.
5. Drain on paper towels and serve with fried fish or jerk chicken.

4. Jamaican Callaloo with Garlic

This quick leafy green side packs nutrients and flavor.

- **Ingredients:** Fresh callaloo (or spinach as a substitute), garlic, oil, salt, and pepper.

- **Preparation:**

1. Wash and chop the callaloo.
2. Heat oil in a pan and sauté minced garlic until fragrant.
3. Add callaloo and cook until wilted, about 5 minutes.
4. Season with salt and pepper, then serve.

Fast Jamaican Breakfast Ideas

5. Ackee and Saltfish (Quick Version)

This iconic Jamaican breakfast can be prepared swiftly using canned ackee and pre-cooked saltfish.

- **Ingredients:** Canned ackee, salted cod (pre-cooked), onion, tomato, pepper, garlic, oil.

- **Preparation:**

1. Drain and rinse canned ackee gently to keep it intact.
2. Saute chopped onion, tomato, and garlic in oil until softened.
3. Add pre-cooked saltfish and cook for 5 minutes.
4. Gently fold in ackee and cook for an additional 2-3 minutes.
5. Serve with fried dumplings or bread.

Sweet Jamaican Desserts in Minutes

6. Jamaican Rum Cake (Microwave Version)

For a quick sweet treat, this microwave rum cake is simple and flavorful.

- **Ingredients:** Flour, sugar, butter, egg, vanilla, rum, baking powder.

- **Preparation:**

1. Mix all ingredients in a microwave-safe bowl until smooth.
2. Pour into a greased mug or small dish.
3. Microwave on high for 1-2 minutes until risen and cooked through.
4. Let cool slightly, then drizzle with extra rum or icing if desired.

Tips for Making Quick Jamaican Recipes

To maximize your efficiency and flavor when preparing quick Jamaican dishes, keep these tips in mind:

- **Utilize Pre-cooked Ingredients:** Use pre-cooked or canned items like saltfish, ackee, or shredded meats to cut down cooking time.
- **Stock Up on Spices and Pastes:** Keep Jamaican jerk seasoning, curry powder, and all-purpose spice blends handy for instant flavoring.
- **Prep in Advance:** Chop vegetables and marinate meats ahead of time to streamline cooking.
- **Use High-Quality Oils and Aromatics:** Fresh garlic, ginger, and coconut oil enhance flavor quickly.
- **Opt for Versatile Sides:** Rice, bread, or plantains are quick to prepare and complement Jamaican mains perfectly.

Conclusion

Enjoying authentic Jamaican flavors doesn't have to be a time-consuming affair. With these quick easy Jamaican recipes, you can bring the island's vibrant culinary culture into your home without spending hours in the kitchen. Whether you're craving spicy jerk chicken

wraps, hearty curry, or delicious sides like festival or callaloo, these dishes prove that convenience and authenticity can go hand in hand. So gather your ingredients, follow these simple steps, and indulge in the rich, bold tastes of Jamaica—fast and fuss-free!

Frequently Asked Questions

What are some quick and easy Jamaican recipes I can make for dinner?

Popular options include jerk chicken, ackee and saltfish, and Jamaican beef patties, all of which can be prepared quickly with simple ingredients.

How can I make a fast Jamaican rice and peas dish?

Combine kidney beans, coconut milk, rice, and spices, then simmer until the rice is tender—this can be ready in about 30 minutes with minimal prep.

What is a simple Jamaican snack I can prepare in minutes?

Jamaican Festival, a sweet fried bread, is easy to make by mixing flour, sugar, and cornmeal, then frying until golden.

Are there any quick Jamaican breakfast recipes?

Yes, Jamaican hard dough bread with butter or jam, or a quick callaloo scramble, are fast options to start your day with a taste of Jamaica.

Can I prepare Jamaican curry chicken quickly?

Absolutely! Marinate chicken with curry powder and spices, then cook with onions and potatoes in about 30 minutes for a flavorful curry.

What ingredients are essential for quick Jamaican recipes?

Common essentials include allspice, Scotch bonnet peppers, ginger, coconut milk, and seasonings like thyme and garlic, which help flavor many quick dishes.

Are there any vegetarian Jamaican recipes that are quick and easy?

Yes, dishes like Jamaican steamed cabbage or festival with fried plantains are simple, vegetarian-friendly, and can be prepared in under 30 minutes.

Additional Resources

Quick Easy Jamaican Recipes: Savor the Flavors of the Caribbean in No Time

Introduction

In today's fast-paced world, finding time to prepare flavorful and authentic meals can be a challenge. Yet, the vibrant tastes of Jamaica — with its bold spices, fresh ingredients, and comforting dishes — are more accessible than ever. **Quick easy Jamaican recipes** offer a perfect solution for those craving the island's signature flavors without spending hours in the kitchen. Whether you're a busy professional, a student, or simply someone eager to enjoy a taste of the Caribbean, these recipes combine simplicity with authenticity, allowing you to bring the spirit of Jamaica into your home in under 30 minutes. From spicy jerk chicken to hearty rice and peas, let's explore how you can whip up delicious Jamaican dishes with minimal fuss but maximum flavor.

The Essence of Jamaican Cuisine

Before diving into recipes, it's important to understand what makes Jamaican food so distinctive. The island's culinary identity is rooted in a rich tapestry of influences, including African, European, Indian, and indigenous ingredients. The cuisine is characterized by the use of bold spices, fresh herbs, and versatile cooking techniques that emphasize heat, aroma, and comfort.

Popular ingredients include:

- Allspice (pimento): A key flavoring in jerk seasoning and stews.
- Scotch bonnet peppers: Providing fiery heat.
- Coconut milk: Adding creaminess to curries and rice dishes.
- Fresh herbs: Such as thyme, scallions, and cilantro.
- Legumes and rice: Staples like kidney beans and rice form the foundation of many dishes.

Jamaican recipes often focus on grilling, stewing, or frying, making them perfect for quick preparation when you choose the right recipes and ingredients.

Essential Ingredients for Quick Jamaican Cooking

To streamline your cooking process, keep these ingredients stocked:

- Jerk seasoning (or ingredients to make your own: allspice, thyme, garlic, ginger, Scotch bonnet peppers)
- Coconut milk
- Rice (preferably long-grain or jasmine)
- Canned kidney beans or pigeon peas
- Fresh vegetables: bell peppers, onions, scallions, tomatoes
- Protein options: chicken breasts, fish fillets, shrimp
- Spices and herbs: garlic powder, onion powder, paprika, black pepper

Having these staples on hand allows you to whip up many recipes swiftly, without multiple grocery runs.

Quick Jamaican Recipes to Try at Home

1. Jerk Chicken Wraps

Preparation Time: 20-30 minutes

Servings: 2-4

Ingredients:

- 2 chicken breasts
- 2 tablespoons jerk seasoning (store-bought or homemade)
- 1 tablespoon olive oil
- Flatbreads or wraps
- Fresh lettuce, sliced tomatoes, and sliced onions
- Optional: mango slices or pineapple for a tropical twist

Method:

1. Marinate the Chicken: Rub the chicken breasts with jerk seasoning and olive oil. Let sit for at least 10 minutes (or longer if time permits).
2. Cook: Heat a skillet over medium-high heat. Grill or pan-fry the chicken for about 6-8 minutes per side until fully cooked.
3. Assemble the Wraps: Slice the cooked chicken thinly. Place on the flatbreads, add fresh vegetables, and optional fruit slices.
4. Wrap and Serve: Roll up tightly and enjoy a spicy, flavorful meal in minutes.

Tip: For extra smoky flavor, finish the chicken on a grill or broiler.

2. Jamaican Rice and Peas (Red Beans and Rice)

Preparation Time: 30 minutes

Servings: 4

Ingredients:

- 1 cup long-grain rice
- 1 can kidney beans or pigeon peas, drained and rinsed
- 1 cup coconut milk
- 2 cups water
- 2 scallions, chopped
- 1 teaspoon dried thyme
- 1 garlic clove, minced
- 1 Scotch bonnet pepper (optional, for heat)
- Salt and pepper to taste

Method:

1. Cook the Rice: In a pot, combine rice, coconut milk, water, garlic, thyme, and salt. Bring to a boil.
2. Add Beans: Stir in the beans and Scotch bonnet pepper for heat.
3. Simmer: Reduce heat to low, cover, and cook for about 15-20 minutes until rice is tender and liquid is absorbed.
4. Finish: Fluff with a fork, remove the Scotch bonnet, and garnish with chopped scallions.

Note: This dish pairs well with jerk chicken, fried fish, or grilled shrimp.

3. Spicy Jamaican Fish Fry

Preparation Time: 20 minutes

Servings: 2

Ingredients:

- 2 fish fillets (snapper, tilapia, or cod)
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper (or to taste)
- Salt and pepper
- Juice of 1 lime
- 2 tablespoons flour
- Vegetable oil for frying

Method:

1. Season the Fish: Mix paprika, garlic powder, onion powder, cayenne, salt, and pepper. Rub onto the fish fillets and squeeze lime juice over.
2. Dredge: Lightly coat the fish with flour.
3. Fry: Heat oil in a skillet over medium-high heat. Fry fish for about 3-4 minutes per side until golden and cooked through.
4. Serve: Pair with a simple salad or fried plantains.

Tip: Use a hot skillet and don't overcrowd to ensure crispy results.

4. Quick Jamaican Callaloo

Preparation Time: 10 minutes

Servings: 2-3

Ingredients:

- 1 bunch callaloo or spinach

- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 tomato, chopped
- Salt and pepper to taste
- Optional: chopped scallions or thyme

Method:

1. Sauté Aromatics: Heat olive oil in a pan. Sauté onions and garlic until fragrant.
2. Cook Greens: Add chopped callaloo or spinach and cook until wilted.
3. Add Tomato: Stir in chopped tomato and cook for another 2 minutes.
4. Season and Serve: Adjust salt and pepper, garnish with scallions if desired, and serve as a side dish.

Health tip: Callaloo is rich in nutrients and adds a green, flavorful component to your meal.

Tips for Success with Quick Jamaican Recipes

- Prep in Advance: Chop vegetables, marinate proteins, and gather ingredients beforehand to streamline cooking.
- Use Quality Spices: Authentic jerk seasoning or spices can make a significant difference in flavor.
- Keep It Simple: Focus on dishes that use minimal ingredients but maximize flavor, like rice and beans or fish fry.
- Batch Cook: Prepare larger quantities of staples like rice and beans to reheat for quick meals throughout the week.
- Get Creative: Incorporate tropical fruits like mango or pineapple for sweetness, or swap proteins based on what's available.

Final Words: Embrace the Caribbean Flavors at Home

Jamaican cuisine is renowned for its bold, vibrant flavors that bring warmth and comfort to any meal. Thanks to the availability of ingredients and straightforward techniques, preparing quick and easy Jamaican recipes is more achievable than ever. With a handful of spices, fresh produce, and a little bit of prep, you can enjoy authentic dishes that transport your taste buds straight to the Caribbean.

Whether you're craving fiery jerk chicken, hearty rice and peas, or a spicy fish fry, these recipes prove that you don't need hours in the kitchen to enjoy the rich, diverse flavors of Jamaica. So, gather your ingredients, turn on some reggae, and start cooking — the island's delicious cuisine is just a few minutes away.

Quick Easy Jamaican Recipes

quick easy jamaican recipes: Popular Jamaican Recipes April Blomgren, 2017-04-11
Jamaican recipes use numerous spices and culmination of flavorsome and fiery sauce. The blend of island-grown spices, such as nutmeg, cinnamon, pimento, and bonnet peppers are dry-rubbed on the chicken or meat and the meat is roasted via traditional method for numerous hours. Salt fish and Ackee are another traditional breakfast in Jamaican cuisine. This dish is a blend of ackee fruit, scrambled eggs and salty fish along with peppers and onions. Traditional Jamaican food can be a great choice for household parties. There are numerous mouthwatering Jamaican foods and you should pay attention on these foods, such as Jerk Chicken. This book offers numerous recipes to prepare Jamaican Food, such as: - Jamaican Soups and Stew Recipes - Delicious Jamaican Spicy Bread and Meat Recipes - Jamaican Snacks and Salad Dressing Recipes - Flavorful Sauces and Spices - Jamaican Desserts and Drinks with Delicious Flavors Grab Jamaican Cookbook and learn the methods to cook your favorite Jamaican foods. You can make your own spices to flavor your food with homemade blends.

quick easy jamaican recipes: Most Popular Jamaican Recipes Quick & Easy Grace Barrington-shaw, 2016-07-12 Another great recipe cookbook by Grace Barrington-Shaw this time providing wonderful dishes from the gorgeous Island of Jamaica. Included in this book you will find quintessential Jamaican recipes cooked and enjoyed in any home on the Caribbean Island. Learn how to cook the most popular dishes of Jamaica, all the favorites are here: Jerk Chicken Escoveitched Fish Stewed Peas with Beef Ackee and Saltfish Callaloo Sweet Potato Pudding Coconut Drops Gizzarda and more! Have you ever visited the fabulous Island of Jamaica? Why not re-live that vibrant, sun and music filled vacation again and again! Bring Jamaica to your home, with authentic, flavorsome recipes that will form your guide to the wonderful world of Jamaican cuisine. Impress your loved ones and friends! Easy to follow recipes. Simple recipes using easy to find ingredients. Most meals can be prepared in under 30 mins. Includes popular recipes for main dishes, soups, deserts and treats. Rekindle your childhood memories If you are from Jamaican heritage and want to enhance your cooking skills. These recipes will show you how to cook the Jamaican recipes that you grew up with, in the right way. Continue the tradition, teach and pass on these recipes to family members. Learn how to cook like a true Jamaican! Grace Barrington-Shaw was born and raised in Jamaica and so Jamaican food is second nature, however cooking Jamaican food isn't difficult, if you know how. Within this Jamaican cookbook, Grace shows you exactly how...quickly and easily!

quick easy jamaican recipes: Jamaican Recipe Cookbook Gordon Rock, 2020-05-11 Do you know a friend, family member, or even a co-worker that is bragging that they went to Jamaica and the food there is great? Maybe you went there yourself and had something that you just can't get out of your mind. Did you want to go to Jamaica to experience the same thing too, but you are unable due to financial problems or because you're just too busy? We have got you covered! Here is a cookbook that will bring Jamaica to you, allowing you to enjoy Jamaican cooking in our own home. This book features recipes like: - Jamaican Oxtail - Jamaican Beef Patties - Jamaican Sour Sop Juice - and many more Grab a copy today and let's get cooking.

quick easy jamaican recipes: Jamaican Cooking Made Easy GetJamaica. Com, 2008-02 Enjoy a Jamaican recipe for every day and season of the year, Volume I of Jamaican Cooking Made Easy is the largest compilation of Jamaican recipes packed with new and flavorful dishes along with the traditional ones will put your taste buds to work enjoying every unique blend of herbs and spices. Chef Trevor Blake - Cooking Tutor Cayman Islands - As an experienced chef of over 27 years this is the first truly authentic Jamaican recipe book that I have used. I recommend it to my students and use it in lessons as it uses very simple ingredients to create masterpiece Jamaican dishes, a must have for cooks and chefs all over the world.

quick easy jamaican recipes: Gluten-Free Quick & Easy Carol Fenster Ph.D., 2007-08-02 Wheat-free-cooking expert Carol Fenster reveals her timesaving tips and techniques to help cooks

put homemade meals on the table in a flash. In Carol Fenster's gluten-free cooking classes, the most frequently asked question is "How can I get a meal on the table in the least amount of time?" So often, cooking gluten-free means spending hours in the kitchen—making everything from scratch. But now, Fenster reveals all her shortcuts, tips, and timesaving techniques from nearly 20 years as the gluten-free cooking authority. The quick and easy principles in this book will get cooks in and out of the kitchen with less fuss than ever before. In *Gluten-Free Quick & Easy*, a hot meal makes it to the table without a complicated ingredient list or a lengthy wait. Fenster emphasizes the necessity of "planned-overs"—not "leftovers"—that creatively use elements of one meal in the preparation of another, whether they become ingredients the next day, the next week, or the next month. Recipes for make-ahead baking mixes and techniques to shorten baking times means cooks stay on track. And her comprehensive menu plans and ideas help pull together a week's worth of meals with ease. Fenster's simple but delicious recipes include favorites like hearty breads, pizzas, and pasta. In less time than ever before, gluten-free cooks can whip up home-style entrées and side dishes, tasty breakfasts, and elegant desserts for every meal of the day, every day of the week.

quick easy jamaican recipes: So Fast, So Easy Pressure Cooker Cookbook Beth Hensperger, Julie Kaufmann, 2015-12-15 The only pressure cooker cookbook—for electric and stovetop pressure cookers—you'll ever need! What's not to love about the pressure cooker? Using pressure created by super-heated steam, the pressure cooker can cut cook times by 70 percent, meaning dinner is on the table faster, and with significantly less energy use. Your dinner will be more nutrient-rich because vitamins and other good things won't be lost in evaporating steam. And it will taste delicious and succulent because none of the food's moisture has been allowed to escape. Finally, today's modern pressure cooker has been re-engineered for safety and ease of use, including the development of the electric pressure cooker. Because no moisture evaporates during cooking, conventional stovetop recipes do not work in the pressure cooker. For success, the pressure cooker requires different food to liquid ratios and because of that superheated pressure, cook times are very precise. With this comprehensive guide, the busy cook can use fresh ingredients to create more than 700 tasty recipes developed for and scrupulously tested and retested for the pressure cooker. • Chapters on Poultry, Pork, Beef & Veal, Lamb & Game, and Seafood include Zinfandel-braised short ribs that cook in just 30 minutes, herb-stuffed whole turkey breast and braised lamb shanks ready in 25 minutes, and baby back ribs that pressure-cook in just 15 minutes. • Individual chapters on grains, beans, rice dishes (including risotto and breakfast rice), potatoes, chili, and tomato sauces (with and without meat), as well as on soups, vegetables, desserts, making your own baby food, and much more. • An introductory chapter explains the ins and outs of the pressure cooker, with valuable tips and advice. The authors also include recipes for lots of basics, such as how to cook different types of rice and varieties of dried beans.

quick easy jamaican recipes: Cocktails Cookbook, 2016-03-01 This extensive beginners guide to cocktails recipes book, contains 60 of the best Cocktails originating from the Caribbean Islands and the Americas, amazing cocktails that are enjoyed throughout the world. If you love cocktails and you've ever wanted to learn how to make exotic Caribbean cocktails at home then this cocktails cookbook is for you! Learn about the main ingredients of a cocktail; Rums, spirits, Liqueurs and herbs to enable you to truly understand the secrets of great tasting cocktails and how to mix them. All drink recipes in this book are grouped by the main alcoholic ingredients, Rum and Spirits Tequila, Liqueur and non-alcoholic. Inside you will find recipes that cover the most popular cocktails and classic cocktails, such as: Mojito Pina Colada Mai Tai Daiquiri Margarita Long Island Iced Tea Tequila Sunrise Planter's Punch You'll also discover new cocktail drink recipes and Contemporary Cocktails: Caribbean Sunset Tropical Champagne Punch Bahama Mama Elvis Rum Punch Santo Libre Blanchisseuse Rum Punch Non-alcoholic cocktails (Mocktails) and many more! Are you having a cocktail party, hosting an important celebration or just wanting to have cocktails at home? Whether you're wanting to host a cocktail party, having cocktails for three friends, wanting to impress a date or simply just enjoy the cocktail culture, discover how to mix a wide selection of exotic Caribbean drinks that your guests will enjoy. Learn how to mix cocktails like a real bartender!

Impress your friends and family by learning mixing tips to create fantastically tasting cocktails without having to be a member of the IBA. Learn cocktail history and gain hints on how to create your own, unique cocktail drink recipes. This drink recipes book is a great bar book guide for any aspiring mixologist. Treat it as your own personal ultimate Bar book. Do you prefer Mocktails or have guests who prefer non-alcoholic drinks? If you prefer non-alcoholic cocktails or want to cater for people that do not drink alcohol there is no reason for them to miss out. Discover non-alcoholic drink recipes that taste and look great and can be served to any age group. Re-live your holiday to the Caribbean! Why not re-live a recent trip to the Caribbean by recreating the cocktails that you may have experienced on your Caribbean vacation and by crafting cocktails that are worthy of any reputable cocktail bar. Cocktails for special occasions Cocktails are not just limited to parties but are versatile enough to grace important celebrations such as weddings and anniversaries. Gain hints on how a tropical cocktail drink would suit specific occasions. Now there is no need to visit an expensive cocktail bar, simply mix your own cocktails at home. This is your essential bar book for your home!

quick easy jamaican recipes: *Instant Pot Fast & Easy* Urvashi Pitre, 2018-12-15 Presents a collection of recipes that use an Instant Pot pressure cooker to make simple, timesaving dishes, including Jamaican chicken curry, crustless crab quiche, cheesy polenta, and baba ghanoush.

quick easy jamaican recipes: *100 Best Quick Gluten-Free Recipes* Carol Fenster, 2014 Offering 100 fast, fuss-free recipes and 30 enticing photos, Carol Fenster, one of the foremost authorities on gluten-free cooking, presents a must-have collection of mouth-watering, family-friendly gluten-free meals that can be prepared in 30 minutes or less.

quick easy jamaican recipes: *Authentic Recipes from Jamaica* John DeMers, 2012-03-13 Cook delicious, authentic Jamaican food with this easy-to-follow Jamaican cookbook. Jamaica is the mountainous Caribbean island famed for its coffee and its beaches. But with its abundance of homegrown ingredients and its many cultural influences, it has developed a remarkable cuisine all its own. To visit the Jamaican kitchen is to discover the sumptuous flavors of spicy jerk pork, sweet tropical juices, complex curries and lush desserts. This cookbook offers the island's best recipes--both the traditional and the new--from Jamaica's hottest chefs and restaurants, including Norma Shirley of Norma at the Wharhouse, Everett Wilkerson of the Sans Souci Lido and James Palmer at Strawberry Hill. *Authentic Recipes from Jamaica* presents over 60 full-color recipes with photographs shot on location. Lively essays by food writers John DeMers and Norma Benghiat on the island's culture and history, explanations of special ingredients and easy-to-follow recipes make this the most complete guide to Jamaican cuisine you'll find. Jamaican recipes include: Pepperpot Baked Plantains Pepper Shrimp Ginger Tamarind Chicken Spinach Salad with Breadfruit Chips Sweet Potato Pone Jamaican Limeade

quick easy jamaican recipes: *The 5:2 Fast Diet Cookbook* Samantha Logan, 2014-01-07 Intermittent fasting, also known as the "5:2 diet," has become incredibly popular in recent months. And with good reason—it works! The so-called fast diet calls for eating normally for five days and then eating a reduced amount, five hundred calories for women and six hundred for men, on the remaining two days of every week. By reducing your calorie intake for just two days a week, you will reset your metabolism and rev up your body's fat-burning ability to cause dramatic weight loss without deprivation. *The 5:2 Fast Diet Cookbook* is the key to learning what to eat on these low-calorie fasting days. Inside you'll find recipes and tips for getting the most satisfaction and fullness from your low-calorie bucks. With 150 nutritious recipes, none of which has more than two hundred calories per serving, you'll have a wide variety of choices for breakfast, lunch, dinner, and snacks on these two crucial days. With delicious dishes like garlic, ginger, and honey chicken and roasted cauliflower with Parmesan, you definitely will not feel deprived on your fasting days! These recipes are packed with flavor and are easy to make, even for busy weeknight meals.

quick easy jamaican recipes: *The Lagasse Girls' Big Flavor, Bold Taste--and No Gluten!* Jilly Lagasse, Jessie Lagasse Swanson, 2014-10-14 The second cookbook from Emeril Lagasse's daughters, featuring over 100 gluten-free recipes, marrying tried-and-true comfort food favorites

with big, bold flavor.

quick easy jamaican recipes: EVERYDAY FAST METABOLISM DIET IN A NUTSHELL: Complete Plan and Recipes Phase 1 - Phase 2 - Phase 3 Ian Schulz, 2014-03-16 Phase 1 (51 Recipes, High-glycemic, Moderate-Protein, Low-Fat Days 1 and 2) Phase 2 (91 Recipes, high-protein, High-Vegetable, Low-Carbohydrate, Low-Fat Days 3 and 4) Phase 3 (59 Recipes, high Healthy-Fat, Moderate-Carbohydrate, Moderate-Protein, Low-Glycemic Days 5, 6, and 7) No Wheat, Corn, Dairy, Soy, Sugar, Caffeine and Alcohol Free Recipes The Everyday Fast Metabolism Diet focuses on simple strategies to boost your metabolism. It's actually based on a lot of the same functional medicine, getting to the root causes of things. The diet plan advises people not to eat processed foods, junk, gluten, dairy, corn, soy, caffeine, and alcohol. The diet recommends eating small meals, and focuses on the quality of the food, not counting calories. It works on Diet confusion, cycling diet with a change in strategy every few days Metabolic Rehab Phase 1: Unwind stress, calm the adrenals. Duration: 2 Days high-glycemic, moderate-protein, low-fat: days 1 and 2 Metabolic Repair Phase 2: Unlock fat stores. Duration: 2 Days high-protein, high-vegetable, low-carbohydrate and low-fat: days 3 and 4 Metabolic Repair Phase 3: Unleash the burn. Duration: 3 Days high healthy-fat, moderate-carbohydrate, moderate-protein and low-glycemic fruit: days 5, 6, and 7

quick easy jamaican recipes: Food Network Kitchens Making it Easy, 2004 Here are recipes, tips and tricks for the home cook from the experts at Food Network Kitchens.

quick easy jamaican recipes: Milk Street Fast and Slow Christopher Kimball, 2020-04-07 Cook it fast or cook it slow: 150 flexible, flavorful Instant Pot and multicooker recipes designed for your schedule, from the James Beard Award-winning team at Milk Street. Instant Pots and other multicookers can transform your routine, turning day-long simmers and braises into quick dishes that are achievable even on a busy weeknight. But did you know that the same pot is also a top-notch slow cooker, delivering make-ahead flexibility? Milk Street Fast and Slow shows you how to make the most of your multicooker's unique capabilities with a host of one-pot recipes that show how to prepare the same dish two ways. For the quickest meals, use the pressure cooker setting to cut down on cooking time. And if you prefer the flexibility of a slow cooker, you can start your cooking hours ahead. Tantalize your taste buds and change the way you cook with this mouthwatering menu: Vegetables shine on center stage in dozens of hearty vegetarian mains and sides like Potato and Green Pea Curry and Eggplant, Tomato, and Chickpea Tagine. From Risotto with Sausage and Arugula to steel-cut oats and polenta, get slow-cooking grains on the table fast -- no standing and stirring required. Beans cooked from scratch now join the weeknight lineup. Skip the overnight soak and load up on flavor in dishes like Black Beans with Bacon and Tequila. One-pot pastas mean more flavor and less cleanup. Cook Lemony Orzo with Chicken and Arugula right in the sauce -- no boiling, no draining, no problem. Cook chicken with a new world of flavor, from Chicken in Green Mole to Chicken Soup with Bok Choy and Ginger. Transform tough cuts of pork into everyday ingredients -- from Filipino Pork Shoulder Adobo and Hoisin-Glazed Baby Back Ribs to Carnitas with Pickled Red Onions. Make beef affordable by coaxing cheap (but flavorful) cuts to tenderness. Even all-day pot roasts and Short Rib Ragu become Tuesday night-friendly with little hands-on effort. These dishes take advantage of the Milk Street approach to cooking: fresh flavor combinations and innovative techniques from around the world. In these pages, you'll find a compelling new approach to pressure cooking and slow cooking every day. Praise for Christopher Kimball's Milk Street: Kimball is nothing if not an obsessive tester, so every recipe has an implicit guarantee . . . Scanning the streamlined but explicit instructions, you think: easy, quick, works, boom. -- The Atlantic

quick easy jamaican recipes: Jamaican Food B. W. Higman, 2008 This beautifully illustrated book by one of the Caribbean's preeminent historians sheds new light on food and cultural practices in Jamaica from the time of the earliest Taino inhabitants through the 21st century.

quick easy jamaican recipes: Out of the Way Gourmet Ronni Arno, Veronica Stubbs, 2023-09-08 Everyone knows about Portland's popular food scene, Midcoast's mouth-watering lobster rolls, and Downeast's wondrous wild blueberry farms, but what about those secret scrumptious spots, known only to locals? Explore dining off-the-beaten path, and get to know the hard-working

chefs and entrepreneurs who created these local treasures. Part restaurant review, part human interest story, this guidebook will feature photos of Maine restaurants/food trucks/bakeries, their mouth-watering creations, unique locations, and proud owners.

quick easy jamaican recipes: *Blokes Can Cook* Nick du Preez, 2021-03-31 *Blokes Can Cook* is more than just a cookbook, but a guide that explains all those wonderful cooking terms and techniques to take the mystery out of cooking. With 58 tasty and accessible recipes covering breakfast, starters, mains and deserts, all within the abilities of the average home cook. So whether you are completely new to cooking, just a little green in the kitchen or simply looking for tasty but uncomplicated recipes, *Blokes Can Cook* will help you cook some yummy meals for your friends, family or just a quiet night home by yourself!

quick easy jamaican recipes: *The 150 Healthiest Slow Cooker Recipes on Earth* Jonny Bowden, Jeannette Bessinger, 2012-01-01 Jonny and Jeannette have done a wonderful job at marrying healthy, delicious recipes with invaluable (and surprising) nutrition information for each of these hearty slow-cooker recipes.—Alicia Rewega, editor-in-chief of *Clean Eating* magazine These convenient, time-saving dishes are delicious, healthy, and easy from prep to clean up!—Calvin Hurd, publisher of *Total Health Online*, www.totalhealthmagazine.com *The 150 Healthiest Slow Cooker Recipes on Earth* is a foolproof guide to cooking flavorful, super satisfying one-pot dishes perfect for any budget or diet. You'll feel good about eating meals made with the most nutrient-packed ingredients out there—and you'll savor every bite while getting healthier!—Nicole Brechka, editor of *Better Nutrition* Discover how to make mouth-watering, super-healthy, and super-convenient slow-cooked meals! Nationally-known nutritionist Jonny Bowden, Ph.D., C.N.S., and chef Jeannette Bessinger, C.H.H.C., take slow cooking to a whole new level with these easy, nutritious, and deliciously satisfying recipes! The "clean foods team" of Dr. Jonny and Chef Jeannette use wholesome ingredients, such as fresh fruit and vegetables, grass-fed beef, wild-caught fish, and pasture-raised poultry in their recipes. Losing none of the convenience, they skip the high-sodium canned food "products" used in many slow cooker recipes and bring you dishes with both traditional and ethnic flair. Try the Real Deal Beef Stew with Orange and Clove, the Quick Sesame Teriyaki Low-Carb Lettuce Wraps, the Hot and Hearty Red, White, and Blue Crab Dip, or the Gingered Honey Pears with Cinnamon Sticks. Bon appetit!

quick easy jamaican recipes: *More Quick-Fix Vegan* Robin Robertson, 2014-03-04 The acclaimed vegan chef presents 150 all-new plant-based, easy, and flavorful recipes that will save you time and money! These healthy new "fast food" recipes have all the ease and convenience of Robin's bestselling *Quick-Fix Vegan*. Along with hearty soups and stews, pasta, stir-fry, skillet dishes, and desserts, this volume features unique big bowl recipes, which provide complete meals containing a protein, a grain or starch, and vegetables, all served in a bowl. Robin also shares super-simple recipes made entirely from pantry ingredients. Recipes include: Sloppy Jacks Tonkatsu Tacos Pantry Paella Fiery Korean Stir-Fry Jamaican Rasta Pasta Sicilian Pasta with Chard and Walnuts Mediterranean Vegetable Strudel Quick Cornbread Mango Fried Rice Pudding Baklava Palmiers And much more!

Related to quick easy jamaican recipes

QUICK Definition & Meaning - Merriam-Webster quick, prompt, ready, apt mean able to respond without delay or hesitation or indicative of such ability. quick stresses instancy of response and is likely to connote native rather than acquired

QUICK | definition in the Cambridge English Dictionary Grammar Fast, quick or quickly? Fast and quick mean moving with great speed. Fast is both an adjective and an adverb. Quick is an adjective and the adverb form is quickly.

Quick - definition of quick by The Free Dictionary 1. Sensitive or raw exposed flesh, as under the fingernails. 2. The most personal and sensitive aspect of the emotions: The remark cut her to the quick. 3. The living; the quick and the dead.

QUICK definition in American English | Collins English Dictionary Quick means happening

without delay or with very little delay. Officials played down any hope for a quick end to the bloodshed

Quick - Definition, Meaning & Synonyms | If you are quick, you move with speed. You may be a quick runner or "a quick study" — if you tend to learn things quickly

QUICK Definition & Meaning | Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

QUICK Synonyms: 406 Similar and Opposite Words - Merriam Some common synonyms of quick are apt, prompt, and ready. While all these words mean "able to respond without delay or hesitation or indicative of such ability," quick stresses instancy of

quick - Dictionary of English Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

1088 Synonyms & Antonyms for QUICK | Find 1088 different ways to say QUICK, along with antonyms, related words, and example sentences at Thesaurus.com

QUICK - Definition & Translations | Collins English Dictionary Discover everything about the word "QUICK" in English: meanings, translations, synonyms, pronunciations, examples, and grammar insights - all in one comprehensive guide

QUICK Definition & Meaning - Merriam-Webster quick, prompt, ready, apt mean able to respond without delay or hesitation or indicative of such ability. quick stresses instancy of response and is likely to connote native rather than acquired

QUICK | definition in the Cambridge English Dictionary Grammar Fast, quick or quickly? Fast and quick mean moving with great speed. Fast is both an adjective and an adverb. Quick is an adjective and the adverb form is quickly.

Quick - definition of quick by The Free Dictionary 1. Sensitive or raw exposed flesh, as under the fingernails. 2. The most personal and sensitive aspect of the emotions: The remark cut her to the quick. 3. The living: the quick and the dead.

QUICK definition in American English | Collins English Dictionary Quick means happening without delay or with very little delay. Officials played down any hope for a quick end to the bloodshed

Quick - Definition, Meaning & Synonyms | If you are quick, you move with speed. You may be a quick runner or "a quick study" — if you tend to learn things quickly

QUICK Definition & Meaning | Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

QUICK Synonyms: 406 Similar and Opposite Words - Merriam Some common synonyms of quick are apt, prompt, and ready. While all these words mean "able to respond without delay or hesitation or indicative of such ability," quick stresses instancy of

quick - Dictionary of English Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

1088 Synonyms & Antonyms for QUICK | Find 1088 different ways to say QUICK, along with antonyms, related words, and example sentences at Thesaurus.com

QUICK - Definition & Translations | Collins English Dictionary Discover everything about the word "QUICK" in English: meanings, translations, synonyms, pronunciations, examples, and grammar insights - all in one comprehensive guide

QUICK Definition & Meaning - Merriam-Webster quick, prompt, ready, apt mean able to respond without delay or hesitation or indicative of such ability. quick stresses instancy of response and is likely to connote native rather than acquired

QUICK | definition in the Cambridge English Dictionary Grammar Fast, quick or quickly? Fast and quick mean moving with great speed. Fast is both an adjective and an adverb. Quick is an adjective and the adverb form is quickly.

Quick - definition of quick by The Free Dictionary 1. Sensitive or raw exposed flesh, as under

the fingernails. 2. The most personal and sensitive aspect of the emotions: The remark cut her to the quick. 3. The living: the quick and the dead.

QUICK definition in American English | Collins English Dictionary Quick means happening without delay or with very little delay. Officials played down any hope for a quick end to the bloodshed

Quick - Definition, Meaning & Synonyms | If you are quick, you move with speed. You may be a quick runner or "a quick study" — if you tend to learn things quickly

QUICK Definition & Meaning | Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

QUICK Synonyms: 406 Similar and Opposite Words - Merriam Some common synonyms of quick are apt, prompt, and ready. While all these words mean "able to respond without delay or hesitation or indicative of such ability," quick stresses instancy of

quick - Dictionary of English Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

1088 Synonyms & Antonyms for QUICK | Find 1088 different ways to say QUICK, along with antonyms, related words, and example sentences at Thesaurus.com

QUICK - Definition & Translations | Collins English Dictionary Discover everything about the word "QUICK" in English: meanings, translations, synonyms, pronunciations, examples, and grammar insights - all in one comprehensive guide

QUICK Definition & Meaning - Merriam-Webster quick, prompt, ready, apt mean able to respond without delay or hesitation or indicative of such ability. quick stresses instancy of response and is likely to connote native rather than acquired

QUICK | definition in the Cambridge English Dictionary Grammar Fast, quick or quickly? Fast and quick mean moving with great speed. Fast is both an adjective and an adverb. Quick is an adjective and the adverb form is quickly.

Quick - definition of quick by The Free Dictionary 1. Sensitive or raw exposed flesh, as under the fingernails. 2. The most personal and sensitive aspect of the emotions: The remark cut her to the quick. 3. The living: the quick and the dead.

QUICK definition in American English | Collins English Dictionary Quick means happening without delay or with very little delay. Officials played down any hope for a quick end to the bloodshed

Quick - Definition, Meaning & Synonyms | If you are quick, you move with speed. You may be a quick runner or "a quick study" — if you tend to learn things quickly

QUICK Definition & Meaning | Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

QUICK Synonyms: 406 Similar and Opposite Words - Merriam Some common synonyms of quick are apt, prompt, and ready. While all these words mean "able to respond without delay or hesitation or indicative of such ability," quick stresses instancy of

quick - Dictionary of English Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

1088 Synonyms & Antonyms for QUICK | Find 1088 different ways to say QUICK, along with antonyms, related words, and example sentences at Thesaurus.com

QUICK - Definition & Translations | Collins English Dictionary Discover everything about the word "QUICK" in English: meanings, translations, synonyms, pronunciations, examples, and grammar insights - all in one comprehensive guide

QUICK Definition & Meaning - Merriam-Webster quick, prompt, ready, apt mean able to respond without delay or hesitation or indicative of such ability. quick stresses instancy of response and is likely to connote native rather than acquired

QUICK | definition in the Cambridge English Dictionary Grammar Fast, quick or quickly? Fast

and quick mean moving with great speed. Fast is both an adjective and an adverb. Quick is an adjective and the adverb form is quickly.

Quick - definition of quick by The Free Dictionary 1. Sensitive or raw exposed flesh, as under the fingernails. 2. The most personal and sensitive aspect of the emotions: The remark cut her to the quick. 3. The living: the quick and the dead.

QUICK definition in American English | Collins English Dictionary Quick means happening without delay or with very little delay. Officials played down any hope for a quick end to the bloodshed

Quick - Definition, Meaning & Synonyms | If you are quick, you move with speed. You may be a quick runner or "a quick study" — if you tend to learn things quickly

QUICK Definition & Meaning | Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

QUICK Synonyms: 406 Similar and Opposite Words - Merriam Some common synonyms of quick are apt, prompt, and ready. While all these words mean "able to respond without delay or hesitation or indicative of such ability," quick stresses instancy of

quick - Dictionary of English Quick applies particularly to something practically instantaneous, an action or reaction, perhaps, of very brief duration: to give a quick look around; to take a quick walk

1088 Synonyms & Antonyms for QUICK | Find 1088 different ways to say QUICK, along with antonyms, related words, and example sentences at Thesaurus.com

QUICK - Definition & Translations | Collins English Dictionary Discover everything about the word "QUICK" in English: meanings, translations, synonyms, pronunciations, examples, and grammar insights - all in one comprehensive guide

Related Articles

- [down memory lane horse](#)
- [billy joel goodnight my angel](#)
- [what i loved book](#)

[Back to Home](#)