

# 21 Most Wanted Jamaican Christmas Recipes: A Culinary Guide to the Caribbean Holiday



## Jamaican Christmas Recipes: 21 Most Wanted Jamaican Christmas Recipes (Christmas Recipes Book) by K. Reynolds-James

★★★★☆ 4.1 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 56 pages
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Christmas in Jamaica is a time for family, friends, and of course, delicious food. Traditional Jamaican Christmas dishes are a blend of Caribbean, African, and European influences, creating a unique and flavorful culinary experience. In this recipe book, we'll take you on a journey through the best of Jamaican Christmas cuisine with 21 must-have recipes.

## The 21 Most Wanted Jamaican Christmas Recipes



## **Sorrel Drink**

No Jamaican Christmas is complete without a glass of sorrel drink. This refreshing beverage is made with sorrel, a type of hibiscus flower, and spices like ginger and cinnamon.

- 1 cup dried sorrel

- 8 cups water
- 1 cup sugar
- 1/2 cup ginger, grated
- 1/2 cup cinnamon sticks
- 1/4 cup cloves
  
- In a large pot, combine the sorrel, water, and sugar. Bring to a boil, then reduce heat and simmer for 30 minutes.
- Strain the mixture through a cheesecloth into a clean pot. Add the ginger, cinnamon, and cloves and bring to a boil.
- Reduce heat and simmer for 10 minutes, or until the mixture has thickened.
- Strain the mixture again through a cheesecloth and let cool completely before serving.



## Gingerbread

Gingerbread is a classic Jamaican Christmas treat. These spicy cookies are made with a blend of spices, molasses, and ginger.

- 1 cup all-purpose flour
- 1 cup sugar

- 1/2 cup molasses
- 1/2 cup butter, softened
- 1 egg
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
  
- Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius).
- In a large bowl, cream together the butter and sugar until light and fluffy.
- Beat in the egg and molasses.
- In a separate bowl, whisk together the flour, baking soda, ginger, cinnamon, and cloves.
- Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
- Roll out the dough to a thickness of 1/4 inch and cut out shapes with a gingerbread cookie cutter.
- Place the cookies on a baking sheet and bake for 10-12 minutes, or until golden brown around the edges.



## **Stew Peas**

Stew peas is a hearty Jamaican dish made with red kidney beans, salt beef, and a variety of spices.

- 1 pound red kidney beans, soaked overnight
- 1 pound salt beef, cooked and diced

- 1 onion, chopped
- 2 green bell peppers, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon allspice
- 1 teaspoon black pepper
- 1/2 cup tomato paste
- 1 cup beef broth
  
- In a large pot, combine the beans, salt beef, onion, bell peppers, garlic, thyme, allspice, black pepper, tomato paste, and beef broth.
- Bring to a boil, then reduce heat and simmer for 2 hours, or until the beans are tender.
- Serve hot with rice or dumplings.





## **Rice and Peas**

Rice and peas is a classic Jamaican side dish made with rice, peas, and a variety of spices.

- 1 cup rice
- 1 cup split peas, picked over



- 2 cups water
- 1 onion, chopped

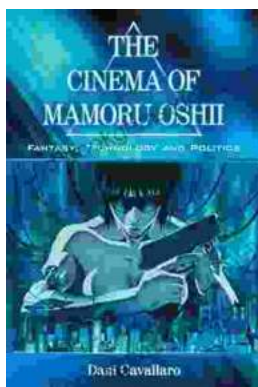


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