

* Special Edition: 10th Anniversary Issue

Jamaican Eats

Bringing a Taste of the Caribbean to your doorstep

Top
10
Lists

ISSUE #2, 2016
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10 years of luscious food
Much more to come

Sorrel Pineapple Cocktail with
Scotch bonnet pepper; recipe pg. 36

JamaicanEats

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Picture of otaheite apples. Could this be the fuel for speed?

Continued from pg. 3

Third. This is really a shout out to all the believers (too many to name in this forum) – chefs, photographers, writers, advertisers who have given of their time, energy and moral support as well as the many readers who relentlessly spread the word, diligently buying copies of the magazine to give away as gifts. THANK YOU!

Grace Cameron

Correction:

In our March 2016 edition, we stated that Chef Kevin Betton was a senior sous chef at Sandals Montego Bay. In fact, he is a senior sous chef at Montego Bay Secrets Resorts and Spa.

Jamaican Eats

On the Menu Issue 2, 2016 Special 10th Anniversary Issue

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10 Chefs You're Loving Right Now
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Top 10 Lists
'Odd' Jamaican food traditions
Foods **you ate** as a child but would **never let your children;**
Foods you hardly ever see anymore; and
Foods to watch in the next 10 years

GENIUS
way to yummiier
Grilled Bun an' Cheese pg. 37

+ 2x *Chopped* Champion Andre Fowles
family man, brilliant chef, all around nice guy – pg. 15

Grilled Bun an' Cheese, Photo by Shupri Martin

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Cover Photo, Sorrel Pineapple Cocktail, by Jackie Fraser-Dunfield

10 ‘Odd’ Jamaican food traditions

From Matrimony to “marriages” gone sour and tamarind sprinkled with ashes (left over from the wood stove), let’s face it, Jamaica has more than a few “odd” or interesting food traditions. We’ve come up with 10 but, hey, we’re sure you can think of way more.



Above, oranges peeled and segmented into pegs. Right, oranges peeled and sliced across the middle, Jamaican-style.

Peeled vs pegged oranges

Jamaicans love the sweet, juicy oranges that are found all over the island and traditionally eat the fruit instead of making orange juice. But it’s the way that Jamaicans eat their oranges that may be a bit “odd”.

In many countries, people remove the skin and white pith

found under the skin and then segment the fruit into pegs, before popping each peg into their mouth.

But that’s not the way Jamaicans roll. Most islanders peel the orange with a knife, cut it horizontally in two and sink their teeth into the exposed juicy pulp.



Photos by Jackie Fraser-Dunfield

Bustamante Backbone

This Jamaican sweetie (candy) goes by several names – Bustamante Backbone, Busta, Stagga Back and Bus' Mi Jaw.

A hard candy, made with grated coconut (flakes) and dark brown sugar, it's named after National Hero and late Jamaican Prime Minister Sir Alexander Bustamante. The texture is believed to be the embodiment of Bustamante's firm character. Because it is so hard, it also earned the name bus' mi jaw and stagga back (because biting into it forces you to stagger backwards, or so the saying goes).

When it first entered the market it sold for a "far-thing each (four for one penny) and was wrapped in skimpy grease-proof paper. Recipe below.

- 1 cup grated coconut (milk squeezed out)
- 2 cups very dark brown sugar
- 1/4 cup water
- 1 tbsp fresh ginger, finely grated
- 1 tbsp lime juice

1. Mix the sugar and water, add ginger and lime juice.
2. Boil for about 30 mins. or until when dropped in water it forms a ball.
3. Add the coconut and



stir well, then pour in a buttered cookie sheet.

4. Let cool and then use a knife to cut into squares or rectangles.

3

Solomon Gundy

A popular Jamaican spread (French and English origins) for crackers, Solomon Gundy is made with smoked red herring, vinegar, Scotch bonnet pepper and other herbs and spices.

Besides being a popular island spread, Solomon Gundy is also an old English nursery rhyme which was used to teach children the days of the weeks:

*Solomon Grundy,
Born on a Monday,
Christened on Tuesday,
Married on Wednesday,
Took ill on Thursday,
Grew worse on Friday,
Died on Saturday,
Buried on Sunday.
That was the end of Solomon Grundy.*



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