



# RECIPE

## JERK SEASONING

- 3 green onions, chopped
- 3 cloves garlic, minced
- 2 jalapeño peppers
- 1 medium onion, chopped
- 1 tsp minced fresh ginger
- 1 1/2 tsp ground allspice
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp thyme
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp ground cloves
- Juice of 1 lemon
- 3 tsp oil
- 2 tsp soy sauce
- 2 tsp malt vinegar

Put all of these ingredients in a blender or food processor.

Process until smooth.

Use this sauce as a marinade for your favorite meat.

Enjoy!