

James Whetlor 'Jerk' Marinade Recipe

From James' Whetlors book *Goat: Cooking and Eating*

Serves: 4

Prepare: 1 Hour 30 Minutes

Cook: 1 Hour 30 Minutes

Difficulty: easy



Ingredients

- 600g-800g diced goat or goat neck rings_(cut into 3-cm cubes) or meat of your choice, Also works well with our [organic duck wings](#)
- 1 tbsp oil for grilling
- 1 teaspoon ground allspice
- 1 teaspoon ground ginger
- 1 teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon dried thyme
- 2 fresh or dried bay leaves
- ½ bunch spring onions (scallions), trimmed and finely chopped
- 1 Scotch bonnet chilli, finely chopped (take care when handling)
- 1 tablespoon brown sugar
- 1 tablespoon dark soy sauce
- juice of 1 lime
- 2 tablespoons rum (optional)

Method

1. Pop all the ingredients into a small food processor and blend to a paste.
2. Use to marinate the diced meat for a minimum of 1 hour, but 24 hours is ideal.
3. Grill or sizzle on the BBQ and enjoy!