

Did you know...

Jerk refers to a style of cooking in which the main ingredient—which most often is chicken but may also be beef, pork, goat, boar, seafood, or vegetables—is coated in spices and slow-cooked over a fire or grill traditionally composed of green pimento wood positioned over burning coals; the resulting smoke is key to the flavour of the dish.

The cuisine had its origins with the Taino, who developed the jerk method and later taught it to African slaves, who in turn adapted it in creating jerk chicken. The word jerk reportedly stems from the Spanish charqui, meaning dried strips of meat similar to the modern-day jerky.

<https://www.britannica.com/topic/jerk-chicken>



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Spice Club



June 2024
Spice of the Month:
Jerk Seasoning



Grilled Jerk Shrimp Orzo Salad

Ingredients:

- 1/3 cup uncooked orzo pasta
- 1/2 pound uncooked shrimp, peeled and deveined
- 1 tbsp. jerk seasoning
- 1 medium ear sweet corn, husked
- 1 teaspoon olive oil
- 6 fresh asparagus spears, trimmed
- 1 small sweet red pepper, chopped

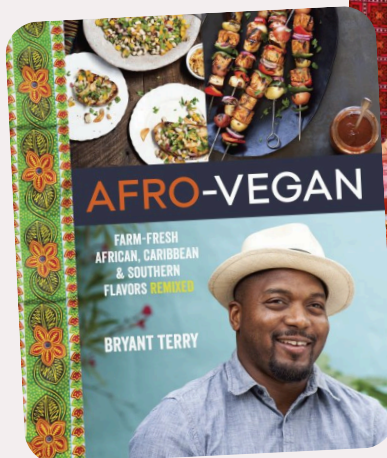
Dressing:

- 3 tbsp. lime juice
- 1 tbsp. water
- 1 tbsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper

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Directions:

- Cook orzo according to package directions. Rinse with cold water; drain well. Meanwhile, toss shrimp with jerk seasoning; thread onto metal or soaked wooden skewers. Brush corn with oil.
- On a covered grill over medium heat, cook corn until tender and lightly browned, 10-12 minutes, turning occasionally. Cook asparagus until crisp-tender, 5-7 minutes, turning occasionally. Grill shrimp until they turn pink, 1-2 minutes per side.
- Cut corn from cob; cut asparagus into 1-in. pieces. Remove shrimp from skewers. In a large bowl, combine orzo, grilled vegetables, shrimp and red pepper. Whisk together dressing ingredients; toss with salad.



Caribbean-Spiced Pork Tenderloin with Peach Salsa

Ingredients

- 3/4 cup chopped peeled fresh peaches
- 1 small sweet red pepper, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 tbsp. finely chopped red onion
- 2 tbsp. minced fresh cilantro
- 1 tbsp. lime juice
- 1 garlic clove, minced
- salt and pepper
- 2 tbsp. olive oil
- 1 tbsp. brown sugar
- 1 tbsp. jerk seasoning
- 1 tsp. dried thyme
- 1 tsp. dried rosemary, crushed
- 1/2 tsp. seasoned salt
- 1 pork tenderloin (1 pound)



Directions:

- In a small bowl, combine the first 9 ingredients; set aside. In another small bowl, combine the oil, brown sugar, jerk seasoning, thyme, rosemary and seasoned salt. Rub over pork. Grill, covered, over medium heat for 9-11 minutes on each side or until a thermometer reads 145°. Let stand 5 minutes before slicing. Serve with salsa.