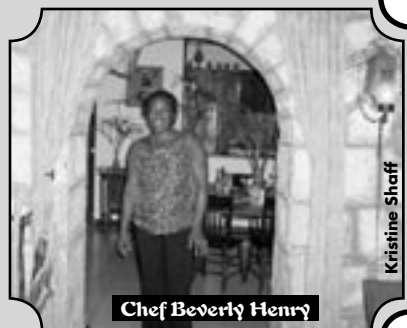


Sunday Supper Jamaica Stylee

New Ground in the Parish of St. Ann, Jamaica



Kristine Shaff

Chef Beverly Henry

by Kristine Shaff Traveling to Jamaica is always a pleasure, but rarely have we been treated to such a delightful and heartfelt meal as was prepared for us by Chef Beverly Henry in the hills of St. Ann. The secrets of her cuisine are simple elegance, fresh ingredients, and time and care in preparation. When you replicate this traditional Jamaican-style Sunday supper at your home, be sure to use your good plates, fresh flowers and decorate a dish or two with fresh palm leaves, as Beverly did for us. The beauty of a simple meal will shine all the more special for you and yours.

SORREL TEA

- Serve with ice in a tall clear glass. It has a beautiful color, rich taste and the tang of ginger is a sparkle to your mouth.
- Boil 1 lb. (well rinsed) sorrel in 8 cups of water for at least 25 minutes (no lid), with ¼ lb. of washed and smashed ginger root. Turn off heat. Let rest until next morning, steeping. Strain it off into a glass pitcher and add a taste of rum if desired. Sugar to your taste. To keep it a long while, put a tsp. of uncooked rice into the container with a tight lid. Refrigerate. Will last as long as you want it to.

JERK CHICKEN

- Kill the rooster who crows the morning at 4 a.m. Make the nephews pluck it clean!
- Cut into pieces on the small side. Wash it well. Drain it dry. Ready to season:
 - 2 onions, cut to thin rings
 - 2 cloves garlic, chop small
 - 2 tsp. fresh thyme (or dry)
 - 2 tsp. fresh allspice (or dry)
 - 2 tsp. fresh basil (or dry)
 - 1 tsp. black pepper
 - 1 tsp. salt
 - 2 stalks of scallions – cut lengthwise then crosswise
 - 1 scotch bonnet hot pepper, seeds and ribs removed
 - 1 pimento leaf
 - 2 tsp. soy sauce
- Just put every ting on top chicken and rub it good. Stay for at least ½ hour, not in the refrigerator.
- Grease your baking pan with not much oil (or butter if using a glass dish).
- After you put the chicken in the pan, pour over all the seasonings sauce.
- Fire wrapper on (foil paper). Set your oven to 350°.
- After awhile, flip it. Cook until them catch some color and turn not too brown, maybe 45 minutes. Test with a fork. You will know when it is cook because the juice will run clear.

You can serve with:

RICE AND PEAS IN COCONUT JUICE

- 1 can unsweetened coconut milk
- Grate it, blend it; not the water coconut – the dry one.
- Cook the peas – ½ lb. Wash, drain and pressure your peas.
- After, add the milk, 1 stalk scallion, 1 sprig thyme on the stem.
- Cook 5 minutes, medium low. Salt and black pepper to taste.
- Add the rice. You really have to judge the amount of rice depending on your people to eat. Stir it over high heat so every ting come together. You may need to add some water.
- Then cook it to low temperature for about 20 minutes with the lid on. More or less.

You can now make the

SAUCE FOR THE CHICKEN

- Ketchup – just to color it – not too much
- Olive oil – for a few splashes
- Allspice
- Black pepper and salt
- 3 tsp. cornstarch into ½ a coffee cup of cold water. Mixy, mixy.
- Stir it all together into a small saucepan with a few slice of onion and small amount thyme. Cook to a low low heat level.

VEGETABLE SALAD

- 1 medium green cabbage, shaved thin
- ½ head lettuce – tear it up to small bites
- 1-2 garden fresh tomatoes – chop, chop
- 1 cucumber, peeled and sliced
- 1 sweet pepper – cut up thin slices, seeds and ribs removed
- Toss 'em together in a low, wide open bowl

SALAD DRESSING

- 2 tbsp. olive oil
- 1 ½ tsp. vinegar
- 1 tsp. black pepper
- 1 tsp. sugar
- Mixy mixy. Pour over salad just before serving, and toss well.

Kristine is sister to RFG's publisher and has the role of CEA – Chief Executive Advisor – which is just our fancy-schmansy way of saying "chief cook and bottle washer." She is active in publishing and reggae – never an artist – but always a consummate and enthusiastic fan. Whether working the door, driving the band to the next gig or proofreading late at night before deadline, she is committed to movin' the music forward – every time. Peace