


















Irie DaughtA Jerk Sauce

“Fiya in Every Drop”

- 3 stalks scallion (green onion), chopped 
- 2 sprigs fresh thyme (add more if desired) 
- 2 tsp pimento seeds (Jamaican allspice, crushed) 
- 3–4 garlic cloves 
- 1–3 Scotch bonnet pepper (seeds removed for less heat) 
- 1 tsp freshly grated ginger 
- 1/2 tsp ground nutmeg 
- 1 tsp salt 
- 1/2 tsp black pepper 
- 1 tbsp brown sugar 
- Juice of 1 lime 
- 2 tbsp soy sauce 
- 2 tbsp white vinegar 
- 1 tbsp vegetable oil 
- Optional: squeeze of orange juice for a citrus twist 

Instructions (Short & Sweet):

Add all ingredients to a blender or food processor.
Blend until smooth and thick—don't water it down!

Store in a jar or glass bottle in the fridge.

Use as a marinade, baste, or finishing sauce.

TIP: For deeper flavor, marinate proteins overnight.



From the heart of Irie Daughta's kitchen.

✨ BONUS (Optional) :

Title: "Island Tips from Irie Daughta Herself!"

- Best with: Chicken, fish, tofu, pork, mushrooms
- Marinate Time: 4–24 hours for rich flavor
- Storage Tip: Keep refrigerated up to 2 weeks
- Spice Level Guide: 🌶 Mild | 🌶🌶 Medium | 🌶🌶🌶 Fiery
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