

WHAT'S COOKING



by the Culinary Staff, Certified Angus Beef LLC

What a jerk!

Everybody's fond of jerks, right? Nooo, not that kind. We're talking spicy seasonings that enhance the flavor of grilled meats, poultry and even vegetables.

In cooking terms, jerk originates from *charqui*, a Spanish term for jerked or dried meat. In English, we've transformed the word and its meaning into jerky. You've probably heard of jerk pork or jerk chicken. The resulting food yields a sweet and spicy flavor with a tender texture.

Jerk, as a noun, is the name for the dry or wet seasoning mix used to jerk the food. Jerk shacks are the epitome of fast food in Jamaica.

Our own Chef Tony Biggs has recipes for both wet

and dry jerk seasoning. His favorite is to use the wet jerk formula to marinate a tri-tip roast overnight. The following day, he takes the beef to the grill and serves the finished jerk beef with black beans and rice and cilantro-tossed tomatoes. Yum!

A unique way to spice things up in the kitchen, here are Chef Tony's jerk recipes. Marinate with the wet seasoning, as he prefers, or use the dry seasoning as a rub on your favorite beef cuts.

Wet Jerk Seasoning

Ingredients:

- ½ cup ground allspice berries
- ½ cup packed brown sugar
- 6-8 garlic cloves
- 4-6 Scotch bonnet peppers, seeded and cored (wear gloves!)
- 1 Tbs. ground thyme or 2 Tbs. thyme leaves
- 2 bunches green onions
- 1 tsp. cinnamon
- Juice from 2 limes
- ¼ cup cane sugar vinegar
- ½ tsp. nutmeg
- kosher salt and black pepper to taste
- 2 Tbs. soy sauce to moisten

Instructions:

1. Combine ingredients, pour over beef and marinate overnight.
2. Grill to desired doneness.



Dry Jerk Seasoning

Ingredients:

- 1 Tbs. dried parsley
- 1 Tbs. dried onion flakes
- 1 Tbs. dry chives
- 2 tsp. ground red pepper
- 2 tsp. garlic powder
- 2 tsp. ground thyme
- 2 tsp. brown sugar
- 1½ tsp. kosher salt
- 1 tsp. grated fresh nutmeg
- 1 tsp. crushed red pepper
- 1 tsp. ground allspice
- ¼ tsp. freshly ground black pepper
- ¼ tsp. ground cinnamon

Instructions:

1. Combine ingredients and use as a rub on your favorite beef cut.
2. Grill and serve with your favorite sides.

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