

## US & UK Chefs Take On Jamaican Jerk Specialists

If yuh is a Jamaican yuh must know bout we famous jerk season dat everybody want to sample.

Jamaican jerk cooking originated with the Maroons, descendents of slaves freed by their Spanish masters in Jamaica who defied capture by the British by fleeing to the island's most remote mountain areas. Jerk was originally made in a pit dug in the ground.

This method would have kept smoke to a minimum thus avoiding detection by the British who roamed the forests. The meat is first marinated for hours in an incendiary mixture of seriously hot Scotch bonnet peppers, garlic, allspice, ginger, scallions, thyme, nutmeg and cinnamon. It is then slowly cooked over a fire-pit of pimento wood, whereupon the food remains tender and delights the consumer with its hot, succulent and aromatic blend of earthy Caribbean deliciousness.

Genuine Jamaican jerk cooking has gained acclaim around the world; so much so, that this uniquely Jamaican way of preparing highly seasoned meat has stirred the competitive juices of four chefs – three men and one woman – who will be participating in this International Jerk Challenge. One is a celebrity chef from the UK, two are jerk specialists from Portland and Boston, Jamaica and the last is a young woman, inspired by her mother's Jamaican home cooking, who went from dishwasher to executive chef of her own Brooklyn, NY restaurant.

On March 20, 2009, at the Jamaica Inn in Ocho Rios, US & UK Chefs Take On Jamaican Jerk Specialists:-

Jamaican Executive Chef Cheryl Smith, Cheryl's Global Soul, Brooklyn, NY  
London Celebrity Chef Antony Worrell Thompson  
&ldquo;The Home of Jerk&rdquo; Boston, Jamaica Chef  
Scotchies, Ocho Rios, Jamaica Jerk Specialist