

King of Jerk Cuisine Shares J'can Culinary Secrets

— Jamaican Chef, and Food Network's "Throwdown with Bobby Flay" two-time champion Nigel Spence, recently hosted a cooking demonstration and tasting at Whole Foods Market Bowery Culinary Center in New York City.

The King of Jerk, as declared by Chef Bobby Flay, shared juicy secrets of preparing savory Jamaican cuisine to a sold out room packed with cooking enthusiasts and critics. The session titled "Jerk and Rum: A Taste of Jamaica" was an adventurous and interactive class revealing simple techniques on creating delectable cultural dishes.

Chef Nigel Spence guided participants on a palatable adventure enriched with exotic spices and flavorful meals. Guests enjoyed 96 Degrees in the Shade, a tantalizing menu designed by the chef that consisted of Jamaican Jerk Red Snapper with Chadon-Beni Sauce, Jamaican Rice and Peas, Codfish Fritters, and Island Rum Pudding — flavors which left an enticing taste of the exotic island. Guests were also able to learn about Jamaica as a perfect island getaway and received stuffed goodie bags, recipes, and information on how to plan their next trip or simply prepare a meal inspired by it.

"Jamaica's cuisine is a melting pot of the world's flavours and just one mouthful can reflect the island's textured heritage," remarked Jamaica's Director of Tourism John Lynch. "As a vibrant destination, we always take pleasure in sharing the various aspects of our culture that make Jamaica a desirable haven for travelers." Chef Nigel Spence's culinary passion and remarkable journey - from managing a little "jerk shack" in the Bronx to becoming executive chef and owner of the critically acclaimed suburban New York Ripe Kitchen & Bar in Mount Vernon — has propelled him to become one of Jamaica's foremost ambassadors of cuisine; sharing the savory delights that make Jamaican gastronomy an authentic and unforgettable experience.