



Photo credit: Charla

Jamaican Pumpkin Soup

METHOD

- 500g pumpkin, peeled and cubed
- 2 carrots, peeled and sliced
- 1 sweet potato, peeled and cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 Scotch bonnet pepper, whole
- 2 sprigs thyme
- 1 can coconut milk
- 4 cups vegetable broth
- 2 tbsp vegetable oil
- 2 tbsp vegeta seasoning
- 1 green onion, chopped
- Salt and Black pepper

INGREDIENTS

1. Heat the oil in a large pot over medium heat. Add the onion and garlic. Sauté until the onion is translucent.
2. Add the pumpkin, carrots, and sweet potato. Stir to combine.
3. Pour in the vegetable broth and add the thyme and whole Scotch bonnet pepper.
4. Bring to a boil, then reduce heat and simmer for about 20-25 minutes, until the vegetables are tender.
5. Remove the Scotch bonnet pepper.
6. Stir in the coconut milk. Simmer for an additional 10 minutes.
7. Adjust seasoning with salt and pepper. Garnish with chopped green onion before serving.

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Jamaican Fried Chicken (JFC)

INGREDIENTS

- Chicken pieces (wings, legs or thigh)
- 2 tbsp lime juice
- 1 Scotch bonnet pepper, minced (optional for heat)
- 4 cloves garlic, minced
- 1 tbsp vegeta seasoning
- 1 tbsp thyme leaves
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp all purpose seasoning
- 1 tsp pimento
- 2 cups all-purpose flour
- Vegetable oil for frying

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Jamaican Fried Chicken (JFC)

METHOD

1. In a large bowl, Scotch bonnet pepper, garlic, all purpose seasoning, thyme, salt, black pepper, vegata, and pimento.
2. Add the chicken pieces, ensuring they are well-coated with the seasoning.
3. Cover and refrigerate for at least 4 hours, preferably overnight.
4. In another bowl, combine the flour.
5. Season with a little extra salt and pepper if desired.
6. Remove the chicken pieces from the marinade, allowing any excess to drip off.
7. Dredge the chicken pieces in the flour mixture, pressing to ensure an even coating.
8. Heat vegetable oil in a deep skillet to 175°C. There should be enough oil to submerge the chicken pieces.
9. Fry the chicken in batches, ensuring not to overcrowd the pan.
10. Cook each piece for about 12-15 minutes, turning occasionally, until golden brown and cooked through (internal temperature should reach 165°F/75°C).
11. Remove the chicken from the oil and drain on paper towels.
12. Serve hot, with your choice of sides like rice and peas, plantains, or a fresh salad.

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