



Yaad Spices

JAMAICAN FLAVOURS FOR BEGINNERS





MYDINEOUTIN.COM

About me

Hi fren!

I'm Keisha Miles, a food content creator,
Jamaican food expert and
cooking coach.

Jamaica's vibrant flavors and the stories behind
them are my passion! I LOVE COOKING! I
inherited that from the legendary Bee (my mom)
and the fierce women who came before her.

I'm here to share generations of cooking secrets
and techniques that have made Jamaican food
so loved around the world.



Best DIY spice blends to unleash your inner Jamaican chef

The Secret Weapon: Big-Batch Spice Blends

Welcome to your gateway to creating classic Jamaican dishes. Each blend is designed to highlight the unique flavors of each dish.

But this isn't just about amazing flavors. It's also about saving you time in the kitchen too! By creating a big batch of each spice blend ahead of time, you'll have a flavor powerhouse ready to go whenever the craving for Jamaican comfort food strikes.

No more scrambling for individual spices or – just grab your pre-made blend and get cooking! These simple steps will transform your meal prep, allowing you to whip up authentic Jamaican dishes with incredible ease.



How to use this guide

Unlock a World of Flavor with this Spice Blend Recipe Guide!

This ebook equips you with three essential spice blends to elevate your cooking. Inside, you'll find recipes for:

- Curries: Create restaurant-worthy curries with a warm, aromatic blend.
- Brown Stews: Deepen the flavor of rich stews and braises with a complex blend designed to enhance beef, lamb, or short rib dishes.
- Jerk Spice: Ignite your taste buds with a fiery Caribbean blend perfect for meats (chicken, pork, tofu) and veggies..





Curry

/ˈkərē/

a dish of meat, vegetables, etc., cooked in an Indian-style sauce of hot-tasting spices and typically served with rice.



Curry Spice Blend

This recipe creates a flavorful spice blend perfect for classic Jamaican curried dishes

Suggested Dishes: Curry Chicken | Curry Goat or Lamb | Coconut Curried Fish

Ingredients

- 1/2 cup ground turmeric
- 1/2 cup curry powder (preferably Betapac Curry).
- 2 cups Badia Tropical Sazón
- 1 cup garlic powder
- 1 cup onion powder
- 2/3 cups cumin powder
- 2/3 cup ground coriander
- 1/3 cup ground allspice
- 1/3 cup ground ginger
- 1/3 cup brown sugar (trust me :)).
- Heat (optional): 1/4 cup ground scotch bonnet / habanero pepper (or substitute with cayenne pepper)

Instructions

1. Combine all ingredients in a bowl.
2. Mix well until everything is evenly distributed.
3. Store: Transfer the spice blend to an airtight container and store in a cool, dark place for up to 6 months.
4. Use a tablespoon at a time as needed to season meats for Jamaican Curry Chicken **or** Curry Goat / Lamb dishes.

Tips

- Adjust the amount of scotch bonnet pepper/habanero to your desired level of heat.
- Feel free to experiment and add other spices like thyme or mutton masala or Maggi All Purpose Seasoning to create your own unique blend.

****This recipe provides a basic structure. You can adjust the ingredients and quantities to suit your taste preferences.**

Brown Stew

a dish of meat browned and then braised in a (brown) stew with vegetables and aromatic spices typically served with rice.

Brown Stew Spice Blend

This recipe creates a flavorful spice blend perfect for classic Jamaican brown stews.

Suggested Dishes: Brown Stew Chicken | Oxtail & Beans | Stew Beef

Ingredients

- 2 cups Badia Tropical Sazón
- 1 cup garlic powder
- 1 cup onion powder
- 1 cup smoked paprika
- 1/3 cup ground allspice
- 1/3 cup ground ginger
- 1/3 cup cinnamon
- 1/3 cup brown sugar (trust me :))
- 1/4 cup dried thyme
- Heat (optional): 1/4 cup ground scotch bonnet pepper (or substitute with cayenne pepper)

Instructions

1. Combine all ingredients in a bowl.
2. Mix well until everything is evenly distributed.
3. Store: Transfer the spice blend to an airtight container and store in a cool, dark place for up to 6 months.
4. Use a tablespoon at a time as needed to season meats for Jamaican Brown Chicken **or** Oxtail & Beans dishes.

Tips

- Adjust the amount of scotch bonnet pepper to your desired level of heat.

**This recipe provides a basic structure. You can adjust the ingredients and quantities to suit your taste preferences.



JERK

a style of cooking native to Jamaica, in which meat is dry-rubbed or wet-marinated with a hot spice mixture called Jamaican jerk spice.

Jerk (Dry Rub) Blend

This recipe creates a flavorful spice blend perfect for classic Jamaican Chicken or for a flavor bomb on other proteins.

Suggested Dishes: Jerk Chicken | Jerk Pork | Seafood | Burgers

Ingredients

- 2 cups Badia Tropical Sazón
- 1 cup garlic powder
- 1 cup onion powder
- 1 cup smoked paprika
- 1/3 cup ground allspice
- 1/3 cup cinnamon
- 1/3 cup nutmeg
- 1/3 cup brown sugar (trust me :))
- 1/4 cup ground scotch bonnet (or habanero) pepper
- Heat (optional): 1/4 cup ground scotch bonnet pepper (or substitute with cayenne pepper)

Instructions

1. Combine all ingredients in a bowl.
2. Mix well until everything is evenly distributed.
3. Store: Transfer the spice blend to an airtight container and store in a cool, dark place for up to 6 months.
4. Use a tablespoon at a time as needed to season meats for Jamaican Jerk Chicken, Pork or even seafood dishes.

Tips

- Adjust the amount of scotch bonnet pepper to your desired level of heat.

**This recipe provides a basic structure. You can adjust the ingredients and quantities to suit your taste preferences.



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Resources

Links:

[DineOutIn Amazon Shop](#)

Socials:

 IAMBERGABABY

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- [Aachi Mutton Masala](#)
- [Gourmanity Ceylon Cinnamon Powder](#)
- [Anthony's Organic Dried Thyme Leaves](#)
- [Badia Tropical Sazón](#)
- [Badia All Spice Powder](#)
- [Badia Ground Nutmeg](#)
- [Badia Ground All Spice](#)
- [Betapac Curry Powder](#)
- [Dominos Dark Brown Sugar](#)
- [Fresh Finest Garlic Powder](#)
- [Fresh Finest Smoked Paprika](#)
- [Jiva Organic Ginger Powder](#)
- [Jiva Organic Ground Cumin Powder](#)
- [Jiva Organic Coriander Powder](#)
- [Maggi Season Up All Purpose Seasoning](#)
- [McCormick Granulated Onion](#)
- [Rani Ground Tumeric Powder](#)
- [Scotch Boyz Scotch Bonnet Pepper](#)