

Learn how to make your very own jerk seasoning dry rub from scratch.

This homemade quintessential spice blend is inexpensive, aromatic and suitable for all your jerk needs.

Total Time: 10 minutes

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Ingredients

- ½ tbsp pimento (all spice)
- 1 tbsp black pepper
- 1 tbsp onion powder
- 1 tbsp garlic powder
- ½ tbsp ginger
- 1 tbsp thyme
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tbsp coconut sugar
- ½ tsp Cayenne pepper adjust the amount to suit
- ½ tsp Himalayan pink salt or adjust the amount to suit.



Directions

1. Add all the ingredients to a small bowl.
2. Use a spoon to mix them together and combine.
3. Taste test the spice and adjust if required.
4. Pour the spice blend into a jar, label and store use accordingly.

Notes

- This recipe calls for coconut sugar which helps to balance put the spices.
Raw organic Cane sugar is also a good nutritional alternative, or you can use another low carb sweetener.
- This recipe makes about ½ cup worth of seasoning
- Use the amount of cayenne pepper according to your preference. If you can't tolerate heat, then leave it out.
- If you can find dried scotch bonnet to make the recipe more authentic use that instead.
- Pimento is known as allspice; you can get this spice from most Caribbean/Asian grocery stores.
- This spice blend has a shelf life of 1-2 years. You can extend the shelf life by storing in a pantry or somewhere dry away from direct sunlight in an airtight container.