

Traditional Jamaican Dishes

Ackee and Saltfish



Jamaican Ackee and Saltfish is not only the national dish of Jamaica; it's a staple breakfast recipe that many enjoy throughout the Caribbean and beyond. Ackee and Saltfish are made with an aromatic blend of sautéed tomatoes, onions, sweet peppers, thyme, and scotch bonnet pepper, gently tossed with ackee and salted codfish. Serve for breakfast, lunch, dinner, or anytime throughout the day.

Jamaican Curry Goat



Jamaican Curry Goat is a special Caribbean meal made of stewed goat meat and chunks of potatoes in a thick, savory curry sauce. This full-flavored dish is marinated overnight in Jamaican spices and then slow-cooked until fall-off-the-bone tender. Serve for dinner with white rice, plantain, and veggies.

Jamaican Oxtail



Jamaican Oxtail is a foundational and classic recipe in many Jamaican households. It's made by seasoning and marinating oxtails in a flavourful array of Jamaican herbs and spices. Then it's braised and slowly cooked down until the fall bone is tender. Oxtail is one of Jamaica's most iconic, well-known, and classic recipes, served with butterbeans and a delicious oxtail gravy.

Jamaican Beef Patty



This Jamaican Beef Patty recipe is a classic Caribbean staple made with a flavoursome ground beef mixture enclosed in a deliciously flaky, buttery, golden pastry crust. It's a famous Jamaican street (fast) food that can be enjoyed as a filling snack or light meal. This authentic Jamaican beef patty recipe has many filling variations, is easy to make ahead and freezes well.

Jamaican Rice and Peas



This traditional recipe is a cornerstone of Jamaican cuisine. It is known for its aromatic features stemming from thyme, coconut, garlic, pimento, and a slight heat from the scotch bonnet (that's if it doesn't burst!). Although this beloved Caribbean side dish is called "rice and peas," it is made using rice and red kidney beans, and some Jamaicans call red beans "peas," hence the name.

Jamaican Callaloo



A green leafy, nutrient-rich vegetable is a staple side dish in Jamaica cuisine. It's flavourful, healthy and nutritious, quick and easy to make, and can be served for breakfast, lunch, dinner, or anytime.

Jamaican Escovitch Fish



The Escovitch Fish can be done with any fish of choice but more popularly, the red snapper. This fish is seasoned with a simple but perfect blend, fried until golden and crispy outside, and marinated under a beautiful mix of vegetables cooked in a vinegar-based dressing. It's a simple dish that comes together quickly, with few steps but packs excellent taste, flavor, and island feels.

Jamaican Pumpkin Beef Soup



The pumpkin beef soup is traditionally prepared on a Saturday with thyme, garlic, and scallion flavors. It has a pumpkin beef soup base filled with dumplings, carrots, and hearty ground provisions, such as yams and potatoes.