



Jerk Cream

 Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 teaspoon chile powder
- ☐ 1 teaspoon brown sugar dark
- ☐ 1 tablespoon rum dark

- ☐ 0.5 teaspoon basil dried
- ☐ 1.5 teaspoons cane syrup light
- ☐ 1.5 teaspoons ginger fresh grated
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 cup garlic cloves peeled
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 cup green onion sliced
- ☐ 2 tablespoons ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 teaspoon ground pepper white
- ☐ 1 tablespoon habanero chile seeded chopped
- ☐ 2.5 cups heavy whipping cream
- ☐ 1.5 teaspoons honey
- ☐ 0.3 teaspoon hungarian paprika
- ☐ 3 tablespoons hungarian paprika
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons regular lime juice freshly squeezed
- ☐ 1 cup regular olive oil
- ☐ 0.1 teaspoon onion powder
- ☐ 1.3 teaspoons oregano dried
- ☐ 0.3 teaspoon paprika spanish
- ☐ 1.5 tablespoons paprika spanish
- ☐ 0.5 teaspoon habanero pepper sauce hot
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 0.3 teaspoon salt

- ☐ 5 teaspoons salt
- ☐ 1 tablespoon soya sauce
- ☐ 1.3 teaspoons thyme leaves dried
- ☐ 2 tablespoons butter unsalted chilled cut into pieces
- ☐ 0.8 teaspoon worcestershire sauce
- ☐ 2 teaspoons worcestershire sauce

Equipment

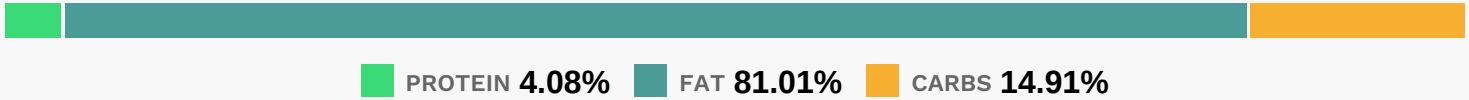
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Combine all ingredients except butter in a medium saucepan over high heat. When the mixture comes to a boil, reduce the heat to medium and simmer, stirring occasionally, for 15 minutes. Strain the sauce through a fine -- mesh strainer, return it to the saucepan, and stir in the butter. Set aside. If refrigerating the sauce overnight, gently reheat for 1 minute, whisk in 1 tablespoon cold water, and continue whisking over low heat until sauce is heated through. Do not boil.
- ☐ Prepare the marinade by adding the allspice, nutmeg, cinnamon, and cloves to a small skillet.
- ☐ Heat the spices over medium -- low heat for 45 to 60 seconds, stirring frequently.
- ☐ Transfer to a coffee grinder and grind to a fine powder.
- ☐ Put the spice mixture and the remaining ingredients into a blender and puree into a thick paste. Store in a covered container and refrigerate for up to a week.
- ☐ ROASTED-GARLIC PUREE Preheat the oven to 300 degrees.

- ☐
- Place the garlic in a small ovenproof container and pour in the oil. Use additional oil if needed to completely immerse all the garlic cloves. Cover the container with aluminum foil and roast 1 hour, until garlic is soft and light golden brown.
- ☐
- Strain the garlic and place in a blender along with 2 tablespoons of the oil. Puree to a smooth consistency, adding a small amount of oil if necessary.
- ☐
- Pour into a container and cover the top of the puree with a thin layer of the oil. Cover and store in the refrigerator.
- ☐
- Combine all ingredients in a small bowl until thoroughly mixed. Store in an airtight container. The spice mix keeps its best flavor for about 2 months.

Nutrition Facts



Properties

Glycemic Index:64.63, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:10.531304240227%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 338.09kcal (16.9%), Fat: 31.51g (48.47%), Saturated Fat: 16.08g (100.5%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 10.79g (3.92%), Sugar: 4.61g (5.12%), Cholesterol: 73.25mg (24.42%), Sodium: 1489.29mg (64.75%), Alcohol: 0.5g (100%), Alcohol %: 0.49% (100%), Protein: 3.57g (7.15%), Vitamin A: 2275.63IU (45.51%), Manganese: 0.61mg (30.53%), Vitamin K: 22.91µg (21.81%), Vitamin C: 14.31mg (17.34%), Vitamin E: 2.57mg (17.13%), Vitamin B6: 0.28mg (14.05%), Vitamin B2: 0.18mg (10.65%), Calcium: 103.36mg (10.34%), Iron: 1.67mg (9.29%), Fiber: 2.25g (9.01%), Phosphorus: 76.19mg (7.62%), Potassium: 247.72mg (7.08%), Vitamin D: 0.99µg (6.63%), Selenium: 4.16µg (5.94%), Magnesium: 21.83mg (5.46%), Copper: 0.11mg (5.45%), Vitamin B1: 0.06mg (3.97%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.33mg (3.34%), Vitamin B3: 0.61mg (3.06%), Folate: 11.32µg (2.83%), Vitamin B12: 0.1µg (1.67%)