

The Everyday Jamaican Pantry

(These are typical ingredients found in most homes but some ingredients tend to be expensive and not always available)

Dry Spices

Black Pepper
Cinnamon
(Jamaican) Ginger Powder
Nutmeg
Pimento
Salt
Sugar

Wet Spices

Escallion
Garlic
Ginger
Red Pepper Sauce
Soy Sauce (Worchestershire Sauce also works in a pinch.)
Thyme
Scotch Bonnet Pepper

The Everyday Jamaican Pantry (cntd.)

(These are typical ingredients found in most homes but some ingredients tend to be expensive and not always available)

Everyday Ingredients

Ackee *(when in season)*

Bammy *(a bread product made of ground cassava)*

Bell Peppers

Breadfruit *(when in season)*

Carrots

Casava

Cock Soup Mix *(Grace, Eve – Jamaican brand products)*

Coconut Milk

Callaloo

Dasheen

Gungo Peas

Onions

Porridge

Potatoes

Pumkin

Red Peas *(Kidney Beans)*

Rice

Salt Fish *(Salted Dry Codfish)*

Sweet Potatoes

Tomatoes

