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Authentic Jamaican Pork Roast – The Blazing Hot Roasted Pork That’s Heaven on a Plate

Pork is a very popular meat in Jamaica, and after you try this Jamaican pork roast, you will see why. This pork is screaming with heat, so be forewarned. But the pork is so tender after all the roasting that it will just melt away.

Preparation of this Jamaican pork roast is thought to be influenced by the Spanish, were probably responsible for adding tomatoes to the dish. It’s not absolutely necessary, but pushing the sauce through a food mill is just plain worth the work. The smooth texture is a great finishing touch to this pork dish. This is normally served with plain rice.

Ingredients:

- 1 3-pound boneless pork shoulder
- 5 large garlic cloves, 2 finely chopped and 3 slivered
- 2 tablespoons vegetable oil
- 4 habanero chiles, seeded and chopped
- 1 green bell pepper, chopped coarsely
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin



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1 teaspoon ground pepper
1/2 teaspoon ground cinnamon
1 bay leaf
1/2 cup fresh lime juice
2 cups canned tomato puree

Directions:

Make small slits all over the pork with the tip of a paring knife. Stuff the slits with the garlic slivers, then roll the pork up and tie it with kitchen twine, if necessary. In a large skillet over medium-high heat, heat the vegetable oil. Cook the chiles, bell pepper, chopped garlic, onion, cumin, oregano, pepper, cinnamon, and bay leaf until the vegetables are soft, or about 8 minutes, and stirring frequently. Remove the skillet from the heat and stir in the lime juice.

Place the pork roast in a large bowl and pour the marinade over it. Turn the meat several times to get an even coating of marinade all over it. Cover with plastic wrap and refrigerate for at least 4 hours, turning occasionally.

Preheat the oven to 350 degrees F. Scrape off as much of the marinade as you can off the pork, and reserve in a saucepan. Place the pork in a roasting pan and roast until the interior temperature of the meat reaches 165 degrees F., or about 1 3/4 hours.



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While the roast is cooking, add the tomato puree to the marinade and bring close to a boil, before it begins sputtering, and stirring constantly. Then reduce the heat to low and simmer for about 5 minutes. Remove the bay leaf and press the sauce through a food mill, if desired. Transfer the pork to a serving platter and let it rest for about 10 minutes before slicing. Spoon the smooth sauce over the sliced pork and serve immediately.

This Jamaican roast pork dish serves 6.

Billy Bristol is the writer and editor for Spicy Cooking, a website devoted to hot spices, spicy foods, blazing cooking, the hottest cuisines around the world, and “knock-your-socks-off fiery recipes that all chile-heads and chili-head wannabes will love. Spicy Cooking will fire up taste buds and scorch your palate..Guaranteed.