



Real Jamaican Jerk An' Ting Recipes

RJJ&T Original Recipe: Stew Peas

1 lbs. **salted pig's tail** (cut into small pieces)

1/2 lb. **salted beef** (cut into small pieces)

1 cup **red kidney beans**

1 cup **coconut milk** (optional)

2 sprigs **thyme**

1/2 **scotch bonnet pepper**

2 stalks **scallion**

Salt and **pepper** (to taste)

Seasoning salt (optional)

1 **carrot** (chopped)

1 **potato** (diced)



1. Soak the salted pig's tails and salted beef in cold water or boil for about 5 minutes.
2. Place the meat and peas together in a large saucepan with enough water to cover and add coconut milk, if desired.
3. Cook over medium heat until meat and red kidney beans are tender.
4. Add thyme, scallion, scotch bonnet pepper, salt and pepper and seasoning salt.
5. Add the carrot and/or potato and simmer for another 15 minutes.
6. Serve hot with white rice.

Serves four to six people.

Enjoy!

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Serving Real Jamaican Food in Real Jamaican Style