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Some Jamaican men enjoy cooking, but even if they're excellent cooks they will expect their women to cook as well. This can be challenging for the professional woman who works all day. However, for couples that love cooking (and eating) together, dating a Jamaican man could be the perfect recipe. **Caribbean Recipes | Allrecipes**

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A popular Jamaican appetizer. Just stamp them out in the kitchen, take some for the road and go! Saltcod can be prepared the day before for a quicker cook time. These are also good served with a spicy dipping sauce.

The Best Jamaican Cookbook? - Here's My Recommendation

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The Best Jamaican Cookbook? - Here's My Recommendation

I searched high and low for an authentic Jamaican oxtail recipe. It will almost remind Americans of beef stew. I've spent days watching Jamaican cooking videos and international cooks; I wanted to identify what ingredients and techniques were mostly consistent across the board. This recipe is as authentic as it gets, next to being in Jamaica.

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(Some persons skip this stage and just add browning during cooking.) Then, the oxtail meat is cooked in a pressure cooker for 20-30 minutes until the desired softness is reached. The pot is then seasoned with local herbs and spices along with carrots and optional butter beans and simmers until the sauce is thickened.

10 Dishes Every Jamaican Should Know How to Cook ...

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