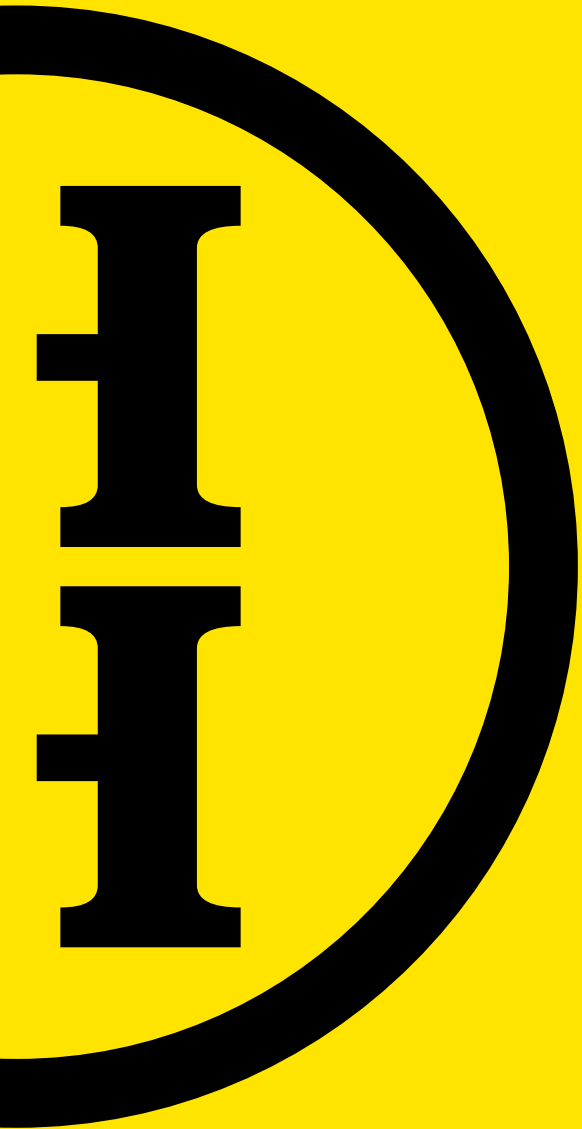


*by* **PHILMORE  
HARRISON**



# **S E E P R E C I P I E S**

**JERK BEEF CORNISH PASTY**

**JERK SHRIMP SKEWERS**

**JERK LAMB 'N NOODLES**

**JUICY JERK CHICKEN WRAP**

**BBQ SHRIMP COCKTAIL**

**BOURBON BBQ BURNT ENDS**

**BOURBON BBQ SALMON WRAP**

**JERK BBQ CHICKEN WINGS**

**JERK BBQ MUSHROOM WITH  
PINEAPPLE SALSA**

**JERK BBQ PORK WITH  
MANGO SALSA**

# JERK BEEF CORNISH PASTY

## THE DISH

Beef pasty prepared with your Jerk Marinade Sauce is an exquisite culinary creation.

The robust flavors of the marinade complement the succulent beef, creating a harmonious fusion of spices and tenderness. The marinade's depth and complexity elevate the dish, showcasing my expertise as a professional Chef and sauce-maker. This tantalizing combination is a testament to my culinary prowess and a delightful experience for anyone fortunate enough to savour it!

## INGREDIENTS

For the pastry:  
500g shortcrust pastry  
1 egg (for egg wash)

For the filling:  
300g beef mince  
2 large potatoes, peeled and diced  
1 onion, finely chopped  
1 carrot, diced  
2 tbsp Philmore Harrison Original Jerk Marinade  
Salt and pepper

**SERVES 4**

## METHOD

Preheat your oven to 200°C (180°C fan).

In a large bowl, mix the minced beef, potatoes, onion, carrot, and Philmore Harrison Jerk Marinade together. Ensure the marinade evenly coats all the ingredients. Season with salt and pepper to taste.

Sauté for 20-25 minutes. Then set to one side, allowing the mixture to cool.

Meanwhile, roll out your shortcrust pastry. Cut into circles approximately 15cm in diameter.

Once cooled, spoon the mixture onto one half of each pastry circle, leaving some space around the edges. Fold the pastry over to encase the filling, creating a semi-circle. Seal the edges by crimping with a fork.

Place the pasties on a baking tray lined with parchment paper. Beat the egg and brush it over the pasties for a golden finish.

Bake in the preheated oven for about 40-45 minutes, or until the pasties are golden brown and cooked through.

Allow them to cool slightly before serving.

**TIME: 1HR**



# JERK SHRIMP SKEWERS



## THE DISH

The Jerk Shrimp Skewers are crafted with my renowned Jerk Marinade Sauce.

A culinary masterpiece.

The marriage of succulent shrimp with the bold, aromatic flavors of your marinade is nothing short of extraordinary. Each bite is a symphony of spices and textures, a testament to my skill as a professional Chef and sauce artisan. The smoky, fiery notes of the marinade elevate the shrimp to new heights, creating a dish THAT is both memorable and exquisite.

It's a true reflection of your dedication to creating exceptional flavors, and a delightful experience for any palate fortunate enough to indulge.

## INGREDIENTS

- 1 ½ lb shrimp, peeled and de-veined
- 3 tbsp Philmore Harrison Original Jerk Marinade
- 3 tbsp extra virgin olive oil
- ½ tbsp lemon juice
- Red and green peppers, sliced thick
- Cherry tomatoes
- 1 lemon, sliced

**SERVES 4**

## METHOD

In a large bowl whisk together the Philmore Harrison Original Jerk Marinade, olive oil and lemon juice.

Add shrimp and toss to coat.

Cover with cling film and place in the fridge to marinate until the skewers are done soaking. Ideally a few hours, but 30 minutes is also fine.

Place the red and green peppers, cherry tomatoes, lemon slices and 4-5 shrimp on each skewer.

Grill for 10 minutes on each side, or until the shrimp are no longer opaque.

**TIME: 20 MINUTES + MARINATING**

# JERK LAMB N' NOODLES



## THE DISH

The Jerk Lamb Steak infused with my signature Jerk Marinade is a culinary triumph.

The tender, succulent lamb absorbs the rich, aromatic flavors of my marinade, resulting in a dish of unparalleled depth and complexity. The marriage of spices and the perfectly cooked lamb exemplifies my expertise as a professional Chef and sauce artisan.

Each bite is a harmonious blend of smoky, spicy, and savory notes, creating a truly memorable dining experience. This dish is a testament to your dedication to the art of flavor and a testament to the potential of your professional sauce company.

## INGREDIENTS

4 lamb steaks  
 4 tbsp Philmore Harrison's Original Jerk Marinade  
 200g egg noodles  
 2 tbsp vegetable oil  
 1 red bell pepper, sliced  
 1 green bell pepper, sliced  
 1 medium carrot, julienned  
 1 small bunch of spring onions, chopped  
 2 garlic cloves, minced  
 Salt and pepper

**SERVES 4**

## METHOD

Rub the lamb steaks with the Original Jerk Marinade, ensuring they're evenly coated. Allow to marinate for at least 2 hours, or overnight for more flavor.

Preheat a grill or grill pan over medium-high heat.

Cook the lamb steaks for about 4-5 minutes per side for medium-rare, or adjust to your desired doneness.

Cook the egg noodles according to the package instructions. Drain and set aside.

In a large skillet or wok, heat the vegetable oil over medium-high heat. Add the garlic and stir-fry for about 30 seconds until fragrant. Add the sliced bell peppers, julienned carrot, and spring onions. Stir-fry for 2-3 minutes until the vegetables are slightly tender but still crisp.

Add the cooked noodles to the skillet and toss to combine with the vegetables. Season with salt and pepper to taste.

Plate the stir-fried noodles and top with the grilled jerk lamb steaks. Garnish with additional Chilli pepper if more heat desired.

**TIME: 10 MINUTES + MARINATING**



# JUICY JERK CHICKEN WRAP

## THE DISH

Juicy Jerk 24-hour marinated jerk chicken thighs, roasted in the oven, stuffed into a soft tortilla wrap with two sauces, salad and fried plantain.

## METHOD

Place all of the marinade ingredients in a food processor with a 1 ½ tsp of olive oil & blend. Toss with chicken and marinade overnight, or for at least 30 min.

Preheat the oven to 220°C. Chuck your marinated chicken onto a tray and roast for 15-16 mins until golden brown, a bit gnarly and cooked through. Allow to rest for 10-12 mins.

Peel and cut plantain into fries. Add enough oil to a pan for shallow frying and fry the plantain over a medium heat on all sides until golden and tender. This will take roughly 4-5 mins.

To make the jerk mayo, mix the mayo with 3 tbsp of jerk sauce and season, set aside.

Roughly chop your chicken thighs and toss with couple of spoons of jerk sauce.

Warm your wraps, stack up with the jerk chicken, salad, avocado, coleslaw and plenty of extra jerk sauce and jerk mayo then get them wrapped up and enjoy.

## INGREDIENTS

### FOR THE MARINADE

1 cup Philmore Harrison Jerk Marinade  
10 gram salt  
5 gram pepper  
50 gram cooking oil

### FOR THE WRAPS

1kg Boneless Chicken Thighs  
2 Ripe Plantains  
20 gram jerk marinade  
20 gram cherry tomatoes  
8 Tbsp Mayo  
Mixed Salad, To Serve  
Avocado, To Serve  
Coleslaw, To Serve

SERVES 4

TIME: 40 MINUTES + MARINATING





# BBQ SHRIMP COCKTAIL

## THE DISH

The Shrimp Cocktail adorned with my distinctive Bourbon BBQ Sauce is a true culinary delight.

The succulent shrimp, perfectly poached and chilled, provide a delicate canvas for the bold, smoky flavors of my sauce. The marriage of sweet bourbon and tangy barbecue creates a symphony of taste sensations THAT dance on the palate.

This dish is a testament to my expertise as a professional Chef and sauce maker, showcasing your ability to craft flavors THAT are both refined and memorable, offering a unique and unforgettable addition to any dining experience.

## INGREDIENTS

- 1 cup of Philmore Harrison Bourbon BBQ Sauce
- 225-gram king prawns, peeled and deveined
- 2 tsp salt
- 1 tsp garlic powder
- ½ tsp fresh black pepper
- 1 lemon, wedged in 4 pieces

**SERVES 4**

## METHOD

Preheat your grill or grill pan over medium heat.

Season the shrimp with the salt, garlic powder and pepper.

Spray the grill with cooking spray and grill the shrimp for 2-3 minutes per side until pink.

Remove from the grill, then add Philmore Harrison's Bourbon BBQ Sauce in the middle of the cocktail glass, then place shrimp and lemon wedge around the rim, as our photograph suggests.

Tuck in!

**TIME: 10 MINUTES + MARINATING**

# BOURBON BBQ BURNT ENDS

## THE DISH

This recipe combines the rich, smoky flavor of burnt ends with the sweet and tangy kick of bourbon BBQ sauce. Enjoy!

## METHOD

Preheat your smoker to 250°F (120°C) using your choice of wood chips (hickory or oak work well).

To prepare your brisket, trim the excess fat from the brisket point, leaving about 1/4 inch. Then, cut the brisket into 1-inch cubes.

The rub. In a small bowl, combine kosher salt, black pepper, smoked paprika, brown sugar, garlic powder, onion powder, and cayenne pepper. Generously coat the brisket cubes with the rub mixture. Make sure each piece is well coated.

Place the seasoned brisket cubes on the smoker grate. Smoke for about 3-4 hours or until they have a dark, caramelized crust.

After about 3-4 hours of smoking, wrap the burnt ends in aluminum foil and return them to the smoker. Continue cooking for another 2-3 hours or until they are tender and have a nice bark.

Remove your smoked burnt ends from the smoker and coat with Philmore Harrison Bourbon BBQ Sauce until they are evenly coated.

Serve with extra sauce on the side for dipping.

They're great on their own, or you can serve them in sandwiches or as a side dish.

## INGREDIENTS

- 2 pounds beef brisket point (also known as the deckle)
- 2 tbsp kosher salt
- 2 tbsp black pepper
- 2 tbsp smoked paprika
- 2 tbsp brown sugar
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp cayenne pepper (adjust to taste for spiciness)
- 1 cup Bourbon BBQ Sauce

**SERVES 8**

**TIME: 7HRS**



# BOURBON BBQ SALMON WRAP

## THE DISH

Embark on a taste adventure with succulent grilled salmon kissed by the magic of Philmore Harrison's Jerk BBQ Sauce. Elevate your palate!

## METHOD

Sprinkle salmon with salt and pepper and place on an oiled grill rack over medium heat with the skin side down.

Grill covered until the salmon just begins to flake easily with a fork which takes 8-10 minutes.

Remove from grill and gently break salmon into bite-sized pieces, removing skin if desired.

Toss gently with salsa and serve in tortillas. Top with remaining ingredients.

## INGREDIENTS

1 pound salmon fillet (about 1 inch thick)  
1/2 tsp salt  
1/4 tsp pepper  
1/2 cup salsa verde  
4 whole wheat tortillas (8 inches), warmed  
1 cup chopped fresh spinach  
1 medium tomato, seeded and chopped  
1/2 cup shredded Monterey Jack cheese  
1/2 medium avocado, peeled and thinly sliced

SERVES 8

TIME: 20MINUTES





# JERK BBQ CHICKEN WINGS

## THE DISH

Chicken Wings and Jerk Sauce... Clear the diary, order extra napkins and get a pinny on, this is going to get messy!

## METHOD

Place chicken wings in a large ziploc bag. Reserve ½ cup of the marinade and pour the rest of the marinade over the chicken, seal the bag, and shake to coat. Marinate in the fridge for at least 3 hours or overnight.

Preheat oven to 450°F. Prepare a baking sheet with parchment paper. Lay marinated chicken wings in a single layer on the prepared baking sheet.

Bake chicken wings for 35 minutes, flipping over halfway through. Brush the chicken with the reserved marinade. Cook for another 10-15 minutes until browned and crispy. Then remove from heat.

## INGREDIENTS

Philmore Harrison Bourbon BBQ Sauce  
2 lbs chicken wings  
Salt and pepper to taste  
Spring onion, chopped (for garnish)

Plate wings and garnish with green onion and lime slices. Serve with plenty of napkins!

**SERVES 4**

**TIME: 10 MINUTES + MARINATING**

# JERK BBQ MUSHROOM & PINEAPPLE SALSA

## THE DISH

These Jerk BBQ mushroom caps make a great addition to a hearty sandwich, stir fry, or burrito and they're simple to prepare.

## METHOD

Remove mushroom stems by twisting at the base. Wipe with a damp paper towel. Marinate mushrooms with Jerk BBQ sauce overnight.

Mix all the salsa ingredients together in a bowl and season with lime.

Pineapple salsa is easy to make with basic ingredients and if you use fresh whole ingredients it will taste so much better. A little tip is don't use tinned pineapple it's too watery and will make your salsa too runny.

Preheat Air Fryer for 10-15 minutes.

Add marinated mushrooms in Air Fryer and cook for 10 minutes, or until mushroom is tender.

Lay the mushrooms onto a dish and cover liberally with the salsa.

## INGREDIENTS

For the Jerk BBQ Mushrooms:  
Philmore Harrison Jerk BBQ Sauce  
2 large flat mushrooms

For the Pineapple Salsa:  
Half a fresh Pineapple  
1 x Red Pepper  
1 x Red Onion  
20grms Jalapeno  
10 grams Coriander (Cilantro)  
1 x Lime

**SERVES 4**

**TIME: 30 MINUTES + MARINATING**



# JERK BBQ PORK & MANGO SALSA

## THE DISH

Philmore Harrison's Jerk Pork, a symphony of spice and flavour, crowned with vibrant Mango Salsa.

## METHOD

In a bowl mix the jerk seasoning ingredients and rub evenly on both sides of the pork. Cover and refrigerate for at least 30 minutes but no longer than 1 hour to blend the flavours.

Meanwhile in small bowl mix the salsa ingredients, cover and refrigerate until serving time.

Heat your BBQ. Place the pork on the grill over a medium heat. Cover the grill and cook for about 15 minutes turning once until no longer pink when cut near the bone and a meat thermometer inserted in the center reads 160°F (71°C).

Serve the pork with the salsa.

## INGREDIENTS

1/2teaspoon salt  
1/2teaspoon cracked black pepper  
1/4teaspoon crushed dried sage leaves  
4bone-in pork loin or rib chops, about 3/4 inch thick (about 2 lb)  
1 cup Philmore Harrison Jerk Marinade Sauce

1 medium mango, cut in half lengthwise, seed removed, peeled and chopped (1 cup)  
¼ cup finely chopped red onion  
1 tablespoon finely chopped fresh or 1 teaspoon dried mint leaves  
1 small jalapeño chile, finely chopped (2 to 3 teaspoons)  
2 tablespoons lime juice  
1/8 teaspoon salt

**SERVES 4**

**TIME: 1 HOUR + MARINATING**



Welcome to my book of recipies, inspired by my Jamacian roots and picked up over 21 years travelling the seven seas as a cruise liner chef.

With this book I want to show you how my sauces can bring a touch of excellence to every meal. I will show you some practical and delicious ways to elevate your dishes with Philmore Harrison Sauce.

Welcome to my world where good food tastes better.

