

Ma Petite Jamaica

· JERK PIT & REGGAE BAR ·

Lunch Times - Belly Full Meals'

AVAILABLE MIDDAY TO 4PM

Curried goat with rice n peas

Barbecued Pork Ribs with Jerk chicken wings, rice n peas & fried plantain

Curried Chicken, basmati rice & salad

Brown Stew chicken, basmati rice, coleslaw

Jamaican fried chicken, barbecue sauce, rice n peas , coleslaw

Fish curry with aubergines, basmati rice

Caribbean vegetable and brown bean stew with basmati rice

¼ Jerk Chicken with rice n peas, coleslaw and plantain

£ 7.50



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Glossary Of Terms

- Caribbean Roti* -An East Indian style flat-bread in filled with seasoned crushed lentils
- Plantain* -Often referred to as 'green banana' - from the banana family - must be cooked before being eaten.
- Rice N Peas* -Rice cooked with herbs & scotch bonnet (Caribbean spicy pepper) with Gungo peas (pigeon peas) is very popular in West Indian cooking
- Yams* -Are edible tubers and comes in a wide variety of shapes and sizes. Has either white or yellow flesh and is nutty in flavour.
- Callaloo* -A vegetable closely resembling spinach in appearance and taste
- Sorrel* -A perennial flower plant found predominantly in Jamaica, the flowers are processed to form a sweet n sour syrup.
- Jerk* -A highly seasoned barbecue/peppered dish cooked on smouldering pimiento wood over a coal pit. Jerk is a part Of Jamaican culinary tradition for centuries. Its origins date back to the native Arawak Indians traditional methods of cooking. The escaped slaves called Maroons are believed to have developed and perfected this method of preserving and cooking meat during their years of living in the Blue Mountain fighting the British troops. Recipes have been handed down throughout the generations.
- Curry Goat* -Is a labour of love and takes up to 24 hours of marinating & cooking with a whole heap of spices and herbs. Normally served at gatherings and functions.