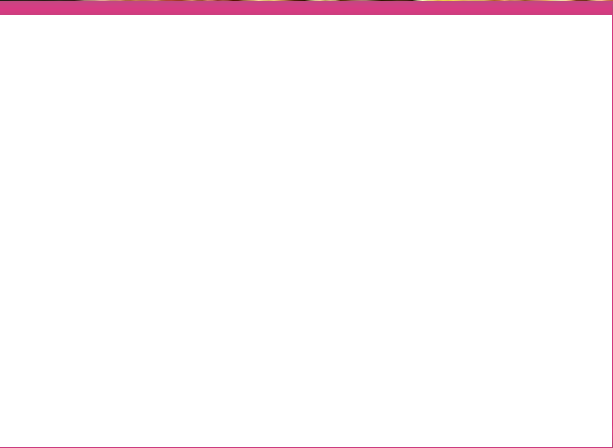


# FOOD & DRINK



1-800-465-2624  
WWW.VISITJAMAICA.COM

WWW.FACEBOOK.COM/VISITJAMAICA  
WWW.TWITTER.COM/VISITJAMAICANOW  
WWW.TWITTER.COM/ASKJAMAICA



**OXTAIL**

Being an Island surrounded by the Caribbean Sea, it is no surprise that fish is also a significant part of the local diet. Escovitched fish is a popular pickled dish, often adorned with strips of carrot, onions, pimento, pepper and assorted seasonings. Paired most often with a sweet dough called festival or a fried or steamed cassava-based dough called Bammy! Fish is also popularly steamed or fried in a typical Jamaican kitchen.



**SORREL**

No visit to Jamaica is complete, without sampling & savouring the delectable cuisine of the Island. Well-known for its unique “jerk” meats & fish, Jamaican cuisine is a delicious fusion of flavours, spices and condiments from across the globe. Anchored by its African & British roots, there are strong gastronomical influences from India, China and the Middle East. Signature dishes like curried goat; oxtail; jerk pork; jerk chicken are typically paired with rice & peas. The national dish is ackee & salt fish (cod). Ackee - originally from West Africa - when cooked, looks like scrambled eggs. The Jamaican patty is the best friend of many school children and adults alike! This is Jamaican fast food and can be made with many varieties of fillings: beef; chicken; shrimp; lobster; vegetables like calaloo and even ackee! It is popular to pair a hot patty with an equally hot coco-bread!



**ACKEE**

But food is not the only part of a Jamaican culinary experience awaiting visitors to the island. World famous Red Stripe beer is the quintessential signature lager of the island. Often during a game of dominos, the traditional stubby bottle of Red Stripe is seen nearby. Perhaps the most well-known drink from Jamaica is our world famous Appleton Jamaica Rum! From the sugarcane fields of the south coast to the distilleries of the Capital, this rum comes in several varieties, each packing its own distinct taste. Try also the Jamaican Rum Cream.

If alcoholic drinks are not your thing, then Jamaica has a bevy of traditional drinks for you too! Cool down with a refreshing coconut jelly, or try some sorrel, a popular drink traditionally favoured at Christmas time but available throughout the year. “Ting” is a grapefruit based soda pop which is a traditional thirst quencher. Your bartender can also make you a traditional island special like hummingbird; tropical breeze; jolly boy or ortinque. Of course, our world-famous Blue Mountain coffee is the perfect java fix in Jamaica!

Jamaica is blessed with an abundance of fresh fruits & vegetables year-round. Some like mangoes are seasonal but others are available throughout the year. Try our otaheite apples; star apples; guinepeps & pineapples!

And if you wish to be a real Foodie while visiting Jamaica, be sure to ask at your hotel front desk or visit our website, for the next food festival happening in your area. There are lots of them right throughout the year! Whatever your taste buds call for, there is something for you in Jamaica! You will not leave these shores without falling in love with our food!



**JAMAICAN PATTIES**

**JERK CHICKEN**

[www.visitjamaica.com](http://www.visitjamaica.com)



[facebook.com/visitjamaica](https://facebook.com/visitjamaica)



[twitter.com/visitjamaicanow](https://twitter.com/visitjamaicanow)  
[twitter.com/askjamaica](https://twitter.com/askjamaica)