Craving Caribbean

Ingredients:
For Jerk Pork

✓ 1 pound pork loin
✓ 4 cloves garlic
✓ 1/4 bunch fresh thyme leaves
✓ 1/2 bunch green onion
✓ 1/2 onions
✓ 1/2 habanero chili peppers
✓ 1 lime
✓ 1 tablespoon soy sauce
✓ 2 tablespoon olive oil
✓ 1 teaspoon salt
✓ 1 teaspoon black pepper
✓ 1 tablespoon brown sugar
✓ 1 tablespoon allspice

For Jamaican Rice

✓ 1 cup long-grain rice
✓ 1 cup water
✓ 1/2 can (13.5 oz) coconut milk
✓ 1/2 can (15.5 oz) red kidney beans (drained and rinsed)
✓ 1/4 bunch fresh thyme
✓ 2 cloves garlic
✓ 1 tablespoon olive oil
✓ 1/2 teaspoons salt
For Pineapple Salsa

✔ 1/2 pineapples
✔ 1 red bell peppers
✔ 1 tablespoons olive oil
✔ 1 limes
✔ Salt and pepper to taste

**Procedures:**

1. For Jerk Pork, cut the meat into pieces, and place them in a large bowl.
2. In a blender, put garlic cloves, sliced green onions, yellow onions (cut into quarters), lime juice, olive oil, soy sauce, brown sugar, allspice, salt, and pepper. Add some water if needed. Mix well.
3. Pour the mixture on the meat, and marinade for a while. If you have time, you can marinade the meat in a refrigerator overnight. You can grill it, bake it in an oven (350°F for 45 min.), or cook on a stove top until the internal temperature reaches 165°F.
4. For Jamaican rice, add olive oil, minced garlic, and rice in a large pot, and cook for 2 – 3 minutes. Add water, coconut milk, red kidney beans, and thyme, and bring it to a boil. Reduce the heat, and simmer for 20 – 25 minutes. Turn off the heat, and let it sit for another 10 minutes.
5. For pineapple salsa, dice a pineapple and a bell pepper, and place them in a bowl. Add olive oil and lime juice; then, season with salt and pepper.