



JAMAICAN JERK RUB

¼ cup Molasses

2T Vegetable Oil

2T Minced Dried Onion

1T Dried Thyme

1T Allspice

2t Black Pepper

1t Salt

1T Cinnamon

1t Cayenne Pepper

Combine all ingredients and whisk together.
Use as a rub or marinade on chicken, pork or fish.



MIDCOSN.COM

