**Common Wealth**

**Why did we choose Jamaica:**

Between the ten commonwealth countries we could choose from, we chose Jamaica. Because it speaks to the group, and everyone is interested in a different aspect of the country. For example, I (Hedwig) like the warm Caribbean weather the street dances and much more. And Marco likes the Caribbean culture because he imagines it to be colorful. And the reggae music. So, you could say that the entire group is drawn to the vibe and location of the island.

**The dishes and beverages we chose**

* Bob Marley cocktail (drink, cocktail)
* Jerk chicken (dish, main course)
* Callaloo (dish)
* Sorrel (drink)
* Banana bread (dish/dessert)

**The Bob Marley cocktail:**

Is a cocktail named after one of the most famous reggae singers worldwide. The cocktail is split in three colors: red, green, and yellow. These are all Jamaican colors. The drink contains the following ingredients:

* Light rum (divided), 2 ounces
* Strawberry daiquiri mix, 4 ounces
* Ice, 2 cups (divided)
* Blue curaçao, 1/2 ounce
* Orange curaçao, 1/2 ounce
* Fresh mango (chopped), 3 ounces
* Sweet and sour mix, 1 1/2 ounces
* Lime juice, 1 ounce

**Jerk chicken:**

A very famous dish in Jamaica, and there are more takes on this dish then cooks in Jamaica. This is a dish where they make a mixture dominated by spices. The marinate the chicken in this spice mixture and leave it overnight. The next day they grill it on a barbecue for half an hour. This is then later finished with lemon and spring onion. This meal contains the following ingredients:

* 1 medium onion, coarsely chopped
* 3 medium scallions, chopped
* 2 Scotch bonnet chiles, chopped
* 2 garlic cloves, chopped
* 1 tablespoon five-spice powder
* 1 tablespoon allspice berries, coarsely ground
* 1 tablespoon coarsely ground pepper
* 1 teaspoon dried thyme, crumbled
* 1 teaspoon freshly grated nutmeg
* 1 teaspoon salt
* ½ cup soy sauce
* 1 tablespoon vegetable oil
* Two 3 ½ to 4-pound chickens, quartered

**Callaloo:**   
this meal is eaten every time of day in Jamaica, callaloo isn’t only the name of the dish but also the name of the vegetable that is primarily used in this dish. It’s similar to spinach but callaloo has a stronger flavor. This dish is perfectly healthy and has a tropical vibe to it.   
this dish is prepared with the following ingredients:

* 4 cups [callaloo](https://healthiersteps.com/recipes/ingredient/callaloo/), chopped and tightly packed
* 1 tablespoon [olive oil](https://healthiersteps.com/recipes/ingredient/olive-oil/), or coconut oil
* 1 small [onion](https://healthiersteps.com/recipes/ingredient/onion/), chopped
* 2 cloves [garlic](https://healthiersteps.com/recipes/ingredient/garlic/), minced
* 2 [green onions](https://healthiersteps.com/recipes/ingredient/green-onions/), chopped
* 2 sprigs [thyme](https://healthiersteps.com/recipes/ingredient/thyme/)
* 1 medium [tomato](https://healthiersteps.com/recipes/ingredient/tomato/), chopped
* [Salt to taste](https://healthiersteps.com/recipes/ingredient/salt-to-taste/)
* 1 [Scotch Bonnet pepper](https://healthiersteps.com/recipes/ingredient/scotch-bonnet-pepper/), whole or 1/4 teaspoon cayenne pepper
* 2 tablespoons water

**Sorrel:**

Sorrel is a sweet gingery Jamaican drink that always has been part of the Jamaican Christmas tradition (similar to eggnog). The drink is made from dried flowers just as blossoms of the hibiscus, roses, … This holly jolly drink contains the following ingredients:

* 1/4 ounces (150g; about 3 cups) dried sorrel (hibiscus), rinsed with cold water in a colander or strainer
* ¾ pound (350g) peel-on fresh ginger, washed and grated (see note)
* 10 whole cloves
* 10 allspice berries, roughly crushed with the side of a knife
* 1 pound 1 ½ ounces (495g; about 2 1/2 cups) sugar

Banana bread:

Jamaican banana bread is kind of like a banana cake, you could eat it for breakfast or for desert and it is a sweet cake with banana flavor and sometimes other additions like raisins and so on this sweet banana dessert contains the following ingredients:

* 2 cups all-purpose flour
* ¾ teaspoon baking soda
* ½ teaspoon salt
* 1 cup granulated sugar
* ¼ cup butter, softened
* 2 large eggs
* 1 ½ cups mashed ripe banana (that’s about 3 banana’s)
* ¼ cup plain low-fat yogurt (or pina colada flavored)
* 3 teaspoons dark rum (or apple cider)
* ½ teaspoon vanilla extract
* ½ cup flaked sweetened coconut