STAYCATIONS
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WorldDenver Presents:

MUNCHIN’ IN MONTEGO BAY

Hail up! Welcome to Land of Wood and Water, also known as Jamaica! You’ve made it to Montego Bay, a beachside paradise featuring sparkling blue waters, white sand beaches, beautiful palm trees, and a delicious meal cooked seaside by Chef Jerome O’Connor and Lamoya Johnson-Mullings. In the video below, enjoy the view of the ocean from the patio and their delightful company, while they offer us a glimpse into Jamaican cuisine and culture.

CULTURE

British and Spanish colonialism changed Jamaican culture and society, by enslaving Africans to work for them, and displacing and harming the indigenous Taíno population. However, since its independence on August 6, 1962, Jamaica has embraced its multicultural and indigenous identities, which have fused into the vibrant culture of today. Food is a cornerstone of this culture and highlights its intricate history. Last week, WorldDenver hosted a Virtual Culinary Experience with Chef Jerome O’Connor and Lamoya Johnson-Mullings who walked through how to make Reggae Chicken Breast. While Chef O’Connor starts cooking, Lamoya Johnson-Mullings shares her love for Jamaica, emphasizing the smiling, warm people, delicious food, and the different “vibes” in each of its fourteen parishes. Watch the recorded live stream to try this recipe and experience Jamaican hospitality.

CUISINE

Jamaica is an island full of incredible cooking that uses plenty of seafood, tropical fruits, and flavors that showcase their multicultural history. To prepare a traditional Jamaican meal, start off with bammy as an appetizer, a traditional Jamaican flatbread that was originally eaten by native inhabitants, the Arawaks. It is a perfect finger food that can be topped with callaloo, a mix of vegetables with a leafy base. Callaloo is very popular in Jamaican dishes and has been eaten in the Caribbean since the 17th century. Moving on to the main course, follow along with our video as Chef Jerome O’Connor prepares a recipe he created, mouthwatering Reggae Chicken Breast, using local Jamaican ingredients. It is breaded chicken stuffed with callaloo (or spinach) mixed with goat cheese, spices, and bread crumbs topped with a white wine cheese sauce. For dessert, try Lamoya’s warm homemade bread pudding baked with flavorful spices, raisins, and coconut that can be served with ice cream and enjoyed with tea.
Rum is the most popular liquor in Jamaica, which has the most rum bars per square mile in the entire world. The most famous Jamaican rum is Wray and Nephew from the Appleton Estate, known as “Uncle Wray”, and is commonly used for rum punch. While everyone has their own version, rum punch is sure to be on the menu in local bars. This **classic drink** is a mix of pineapple juice, orange juice, lime, strawberry syrup and, of course, rum. So make yourself a rum punch to pair with your meal and enjoy a taste of Jamaica!