



## Jamaican beef patties Free Recipe 10042025

### Description

### Recipe

#### Jamaican beef patties

These spicy Jamaican patties are a traditional staple in the Caribbean. They make a great picnic or barbecue addition.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

### Shopping List

Fruit and vegetables 1 tsp Scotch bonnet hot sauce or 1cm/½in piece Scotch bonnet chilli, finely chopped 2½ tbsp snipped chives 4 large garlic cloves, crushed 1½ tsp grated ginger 2 tbsp lime juice 1 onion, finely diced 4 small oranges, peeled and sliced ¼ red onion, finely sliced 1½ tbsp chopped thyme leaves 8 heritage tomatoes, sliced Tins, packets and jars 300g/10½oz plain flour, plus extra for dusting Cooking ingredients 125ml/4fl oz beef stock salt and freshly ground black pepper salt and freshly ground black pepper 1 tsp molasses sugar (or dark brown sugar) 1½ tsp caster sugar 1½ tbsp Madras curry powder 2 tsp Madras curry powder 1½ tsp honey 2 tbsp rapeseed oil 2 tbsp rapeseed oil pinch salt 1½ tbsp ground turmeric Baking and patisserie 1 slice white or wholemeal bread, torn into tiny pieces Dairy, eggs and chilled 165g/5¾oz unsalted butter, chilled and diced 1 large free-range egg, beaten Meat, fish and poultry 300g/10½oz lean beef mince Other 1 tbsp freshly squeezed orange juice

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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## Tags

1. sugar
2. free-range egg
3. stock
4. red
5. heritage
6. mince
7. egg
8. ground turmeric
9. freshly squeezed orange juice
10. chopped thyme
11. onions
12. plain flour
13. plain
14. squeezed orange juice
15. thyme
16. chilli
17. flour
18. butter
19. orange juice
20. small oranges small
21. pepper
22. ginger
23. pinch salt
24. lean beef mince
25. oranges
26. red onion
27. freshly ground black pepper
28. powder
29. large free-range egg
30. limes juices
31. onion
32. ground black pepper
33. grated ginger
34. range egg
35. juices
36. black pepper
37. chives
38. oil
39. unsalted
40. grated
41. brown sugar
42. juice

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43. caster
44. white bread
45. snipped chives
46. salt
47. tomatoes
48. sauce
49. wholemeal bread
50. snipped
51. lime
52. hot sauce
53. beef mince
54. pinch
55. Scotch bonnet hot sauce
56. rapeseed oil
57. limes
58. unsalted butter
59. rapeseed
60. bonnet hot sauce
61. Nut-free
62. cloves
63. lime juice
64. large garlic cloves
65. molasses sugar
66. Scotch bonnet chilli
67. Beef
68. ground
69. honey
70. chopped
71. molasses
72. bonnet chilli
73. Jamaican beef patties
74. turmeric
75. caster sugar
76. bread
77. dark brown sugar
78. garlic cloves
79. curry powder
80. beef stock
81. Madras curry powder
82. heritage tomatoes

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admin