

Authentic Jamaican Jerk Pork (Oven Roasted) - Bold, Tender, and Easy

Oven Jerk Pork ????



OVEN
350°F

TIME
30 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

- 3-4 lbs pork shoulder or pork loin
- 3 tbsp jerk seasoning (store-bought or homemade)
- 2 tbsp olive oil
- 1 tbsp brown sugar
- 2 tbsp soy sauce
- Juice of 1 lime
- 3 cloves garlic, minced
- 1 tsp grated fresh ginger
- 2 sprigs fresh thyme (or 1 tsp dried thyme)
- ¼ tsp ground allspice
- Salt and freshly cracked black pepper, to taste

DIRECTIONS

- 1.** Prepare the Pork: Pat the pork dry. Use a sharp knife to make shallow slits across the surface-this helps the marinade penetrate and flavors soak in deeply.
- 2.** Marinate: In a bowl, mix jerk seasoning, olive oil, brown sugar, soy sauce, lime juice, garlic, ginger, thyme, allspice, salt, and pepper. Rub this marinade all over the pork, working it into the slits.
- 3.** Cover tightly and refrigerate for at least 4 hours or overnight for maximum flavor.
- 4.** Preheat the Oven: Preheat to 350°F (175°C). Let the pork sit at room temperature for 20-30 minutes before cooking.
- 5.** Roast the Pork: Place the pork in a roasting pan or baking dish. Cover tightly with foil and roast for 2 hours. This slow roast ensures the meat becomes tender and infused with flavor.
- 6.** Caramelize: Remove the foil. Increase the oven temperature to 400°F (200°C). Roast for another 20-30 minutes, basting with pan juices every 10 minutes, until the outside is golden and slightly crisp.
- 7.** Rest & Serve: Let the pork rest for 10 minutes to lock in the juices. Then slice or shred and serve hot.

SWAPS & NOTES

Pork cuts : Pork shoulder is juicier and more tender due to its fat content.

Pork loin works too-just don't overcook.

Jerk seasoning : Use your favorite store-bought blend or make your own with allspice, cinnamon, cayenne, thyme, garlic powder,

and paprika.

Lime juice : Lemon juice can be substituted, but lime gives the most authentic tang.

TIPS FOR SUCCESS

Don't skip the rest : Letting the pork rest before slicing keeps it moist and flavorful.

Use a thermometer : Internal temp should reach at least 145°F for pork loin, or 190-200°F for pork shoulder if you plan to shred it.

Baste often : The pan juices deepen the flavor and promote that beautiful crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/authentic-jamaican-jerk-pork-oven-roasted-bold-tender-and-easy/>