

Jamaican Jerk Chicken

1 Whole Chicken cut in half

Marinade

2 medium size onions – peeled and chopped roughly

1 whole head garlic – peeled

3 stalks scallion – washed and roughly chopped

½ tbs pimento (Allspice) Berries

1 tbsp black peppercorns

2 small pieces ginger – peeled and roughly chopped

2 bay leaves

3 each Scotch Bonnet peppers – washed, stalk removed

1 cup vegetable oil

½ cup soy sauce

1 cup pineapple juice

1 bunch fresh thyme -

Place onion, garlic, scallion, allspice, peppercorns, ginger, bay leaves, Scotch Bonnet Peppers, Soya Sauce and Pineapple Juice into a food processor or blender jug. Pulse / Puree until relatively smooth.

Properly wash and dry the chicken.

Place into a large Ziplock bag

Add the marinade and the fresh thyme

Close the bag and rub in marinade thoroughly. Put in the refrigerator and allow to marinate for at least 8 hours or best overnight.



When ready to cook the chicken, remove from Ziplock bag and remove excess marinade (keep for sauce!).

Grill chicken on a charcoal grill (alternatively on a baking sheet in the oven 400 degrees Fahrenheit) – for approximately 30 minutes or until chicken is cooked all the way through (internal temperature above 165 degrees Fahrenheit)

Whist cooking the chicken every few minutes, brush / baste chicken with Jamaican Red Stripe Beer.

JERK SAUCE RECIEPE INGREDIENTS

The Prepared Marinade from the Chicken

1 Cup Pineapple Juice

1 Cup Tomato Ketchup

Salt to taste

METHOD

Put all above ingredients except salt in a pot. Bring to a boil and allow to simmer for about 10 minutes or until sauce gets to the required texture. Check seasoning and adjust with salt. If sauce is too thick, add a little more pineapple juice or water.

Serve Jerk Chicken with Fried Festival, Coconut Rice and Peas or Coleslaw.

For a healthier option pair with a fresh garden salad and some boiled corn on the cob.