

Jerk Chicken

10 pieces of chicken drum sticks.

1.5 lbs. Boneless chicken and cut it into approximately 2" x 2" pieces.

Half a cup Mango pulp

Half a tea spoon Tamarind concentrate or (one table spoon of tamarind sauce)

6 Scallions (green onions) cut into small pieces.

Half a cup fresh Thyme (chopped small)

2 scotch bonnet peppers

Half a cup dark Soya sauce

1 cup canola Oil

1 cup orange juice

1 table spoon fresh garlic pieces

1 table spoon fresh ginger pieces

1 tea spoon salt

1 table spoon sugar

2 table spoons All Spice whole

1 table spoon Cinnamon pieces

1 tea spoon cumin seeds

Note: Use all above items fresh for the best result.

Method:

Take Mango pulp, Tamarind paste, 5 chopped scallions, fresh thyme, scotch bonnet peppers, dark soya sauce, orange juice, ginger and garlic and grind the mix till it turns into paste.

Separately, grind All spice, Cinnamon and Cumin seeds.

Now mix the ground spices, salt and sugar with the paste and stir it well in a big bowl. Put all chicken pieces and mix them well. The paste will stick to the chicken.

Take a baking pan and put about a quarter cup of oil in it. Then place all drum sticks of the chicken in the pan and bake it for about 35 to 40 minutes in the oven at 350 degrees F. Put balance of the oil in a fry pan and set it on high heat. Then put all boneless chicken in it along with all the spice mix. Cook it for about 10 minutes on high heat and then cover it up and cook it on low heat for an extra 15 minutes. Stir it every 5 minutes. When both the chickens are cooked well take out the baked chicken from the oven and put all legs in one plate. Then mix all the juices from the baking pan into the fry pan with the other cooked chicken. All the juices will now be blended for the best taste.

THE JERK CHICKEN IS NOW READY TO EAT. YOU CAN EAT IT WITH PLAIN WHITE RICE OR ROTI OR MAKE A JERK CHICKEN WRAP. YOU CREATE YOUR MEAL TO YOUR TASTE.

THIS IS A HOT RECIPE. IF YOU WANT MILD JUST PUT ONE SCOTCH BONNET PEPPER AND IF YOU WANT MORE HEAT ADD MORE PEPPERS.

GOOD LUCK AND ENJOY.

Note: Alternately you can barbeque the chicken. Your choice.