



Jamaicancoder Recipes



Oven Fried Jerk Chicken Breasts with Roasted Potatoes

Ingredients:

- Preheat oven to 400
- 1 cup flour, all-purpose
- $\frac{1}{4}$ cup cornmeal, white
- 2 Tbl. Jamaican Jerk seasoning mixture

- 2 tsp. sea salt
 - 1 tsp. coarse ground pepper
 - 1 tsp. smoked hot paprika
 - 1 tsp. cumin
 - 1 tsp. dried tarragon
 - 1 tsp. dried oregano
 - 1 tsp. dried chives
 - 2 ½ cups buttermilk
 - 2 eggs, beaten
 - 4 chicken thighs, bone in, skin on (about 1 ½ pounds)
 - 4 chicken breasts, bone in, skin on (about 2 pounds)
 - ½ cup canola oil
 - **SPICY ORANGE JALAPENO SAUCE**
 - 2 Tbl. bacon drippings
 - ¼ cup soy sauce
 - 1/3 cup honey
 - 1/3 cup orange marmalade
 - 1 cup orange juice
 - 1 tsp. coarse ground pepper
 - 1 tsp. garlic powder
 - 1 jalapeno, finely chopped, about 2 Tbl. + more thin round slices for garnish
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- 1 ½ pounds of small red or yellow potatoes, washed and halved
 - 2 tablespoons of olive oil
 - 1 teaspoon of sea salt
 - ½ teaspoon of coarse ground pepper
 - ½ teaspoon of dried rosemary

- ½ teaspoon of dried thyme



Instructions

- The most important thing about this recipe is to have everything that you need ready: two cookie sheets lined with parchment paper for the chicken, a mixing bowl for the buttermilk/egg mixture, a pie plate for the flour/spice dredging mixture, and a large (12") heavy skillet for flash frying the chicken + tongs
- Combine the flour, cornmeal, JJ seasoning, salt, pepper, paprika, cumin, tarragon, oregano and cumin in a pie plate and blend together well.
- In a large mixing bowl, whisk together the buttermilk and eggs. Put the chicken in the bowl and let it sit about 30 minutes.
- Meanwhile make the sauce. In a medium sauce pan over medium high heat, add all the ingredients. Bring to a simmering boil. Reduce heat to medium, continuing a simmering boil. Stir occasionally and cook about 15 to 17 minutes. Remove from heat and set aside. Sauce will thicken.
- Flash frying the Chicken: In a large 12" heavy skillet put the canola oil. Turn heat to medium high and let it get hot.
- Take each piece of chicken and shake off excess buttermilk. Dredge in the flour mixture. Coat well. Put each piece of floured chicken on one of the parchment paper lined cookie sheets.
- Place 4-5 pieces of chicken in the hot oil and fry on each side about 2 minutes getting a good golden brown crust. Use tongs to carefully turn the chicken then when both sides are fried, remove to the second cookie sheet. Repeat until all the chicken is flash fried.
- Cover the cookie sheet with the flash fried chicken with double foil. Bake in a preheated 400 oven for about 35 minutes.
- Remove the foil and cook uncovered the last 5-8 minutes.
- Remove and serve the chicken with drizzles of the sauce and garnish with a thin slice of jalapeno.
- Notes

- With the jalapeno, it's the seeds that create the heat. So, if you want less heat, remove some of those seeds.
- Be sure to wash your hands well when working with hot peppers!

Additional Instructions for Roasted Potatoes:

1. After preheating your oven to 400 degrees Fahrenheit for the chicken, prepare the potatoes. In a large bowl, toss the halved potatoes with olive oil, sea salt, pepper, dried rosemary, and dried thyme until they are well coated.
2. Spread the potatoes out in a single layer on a baking sheet lined with parchment paper or aluminum foil for easy cleanup.
3. Put the potatoes in the oven alongside the chicken, or on a different rack if your oven has space. The potatoes will need to roast for about 35-40 minutes, or until they are golden brown and tender when pierced with a fork. Stir the potatoes halfway through the cooking time to ensure even browning.
4. As the chicken and potatoes are cooking, you can prepare the SPICY ORANGE JALAPENO SAUCE as described in the original recipe.
5. Once the chicken is covered with foil and placed in the oven, the potatoes should also be in the oven roasting. The cooking times should be similar, so both should be ready around the same time.
6. After removing the foil from the chicken, check on the potatoes. If they need more browning, you can leave them in the oven after taking out the chicken until they reach the desired crispiness.
7. To serve, plate the Oven Fried Jerk Chicken Breasts with a generous helping of the roasted potatoes on the side. Drizzle the SPICY ORANGE JALAPENO SAUCE over the chicken, and if desired, over the potatoes as well.
8. Garnish with additional jalapeno slices for an extra kick and a sprinkle of fresh herbs if you have them on hand for a pop of color and freshness.

Notes:

- When roasting the potatoes, ensure they are cut into similar-sized pieces for even cooking.
- The oven temperature and time for the chicken are also suitable for roasting potatoes, making them a convenient side dish to prepare simultaneously.

- Be cautious with the oven space and rack placement, as you want both the chicken and potatoes to have enough room for proper heat circulation. Adjust the placement of your trays accordingly.
- Always check the doneness of both the chicken and the potatoes before serving. The internal temperature of the chicken should reach 165 degrees Fahrenheit.