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18

Shares

Jerk Chicken

PUBLISHED: MAY 2012 SERVINGS: 4

INGREDIENTS

1 4-pound chicken, cut into 8 pieces

1 medium red onion, chopped

12 garlic cloves

10 Scotch bonnet or 15 small habanero chiles, stemmed, seeded

8 scallions (white and pale-green parts only), chopped

1 3-inch piece peeled ginger, sliced

2 tablespoons chopped fresh thyme

1 1/2 tablespoons ground cinnamon

1 1/2 tablespoons whole allspice

1 tablespoon kosher salt

1 tablespoon powdered adobo seasoning

1/2 teaspoon Maggi Liquid Seasoning

PREPARATION

View Step-by-Step Directions

Pierce chicken all over with tip of a small knife; transfer to a large bowl. Purée remaining ingredients and 1/4 cup water in a blender until smooth. Reserve 1 cup for dipping sauce, if desired. Pour remaining marinade over chicken; massage into chicken. (To protect your hands from the chiles' heat, wear latex gloves.) Cover; chill for at least 1 day and up to 2 days.

Let chicken sit at room temperature for 1 hour before cooking. Build a medium-low fire in a charcoal grill, or heat a gas grill to medium. Place chicken on grill, skin side up. Cook covered, turning often, until skin is crisp and lightly charred and an instant-read thermometer inserted into the thickest parts of chicken registers 160° (breasts) or 165° (thighs), 30–45 minutes. Transfer to a platter and tent loosely with foil; let stand for 10 minutes. Serve with reserved dipping sauce, if desired.

KEYWORDS

Caribbean Food, Chicken Recipes, Dinner, Entrees, High Fiber Recipes, Jamaican Food, Jerk Chicken Recipes, Low-Calorie Recipes, Spicy Food, The Seven Wonders Of The Food World Recipes

RECIPE BY The Ultimate Jerk Centre in Ocho Rios Jamaica

PHOTOGRAPH BY Marcus Nilsson

NUTRITIONAL INFORMATION

One serving contains:

- Calories (kcal) 320
- Fat (g) 6
- Saturated Fat (g) 1.5
- Cholesterol (mg) 160
- Carbohydrates (g) 15
- Dietary Fiber (g) 5
- Total Sugars (g) 3
- Protein (g) 51
- Sodium (mg) 5280 mg
- **Note:** This recipe relies heavily on seasoning. Both the powdered adobo seasoning and Maggi Liquid Seasoning have high sodium content, resulting in higher than usual sodium content per serving. To reduce sodium intake, cut back on the amount of dipping sauce used.