



SEASONAL BLEND: JERK CHICKEN

MAKE THIS AGAIN!

SEASONAL BLEND

Find this blend online, or substitute with these Spicery Larder or everyday ingredients:

1 ½ tsp ground allspice, 1 tsp each of chilli powder, mixed spice and mixed herbs and ½ tsp cracked black pepper

Discover more about the Spicery larder at thespicery.com/larder

JERK CHICKEN

Here we've got a Jamaican favourite of jerk chicken! Allspice is a prominent flavour in Caribbean cooking, with its lovely scent reminiscent of nutmeg, cloves and cinnamon, but the name leads many people to believe it's a blend rather than a single ingredient. In Jamaica, the allspice flavour in jerk would be enhanced by using allspice branches and leaves on the charcoal over which the meat is cooked. Delicious with rice and peas, coleslaw and a hot pepper sauce!

Prep

15 mins

Cook

35 mins

Heat



Serves

4

- 4 **chicken legs** - slashed through to the bone a few times
 - 2 cloves of **garlic** - roughly chopped
 - 1 bunch of **spring onions** - thinly sliced
 - 2 tbsp **soy sauce** (any type)
 - 2 tbsp **sugar** (dark brown is best)
 - 3 tbsp **vinegar** (white wine or cider vinegar is best)
 - **Rice and peas, coleslaw and hot pepper sauce** to serve
- 1 Light the BBQ or preheat the oven to 240°C/gas mark 9
 - 2 Blend the spring onions with the garlic, soy sauce, sugar, vinegar, 50ml water, **JERK BLEND** and ½ tsp salt to a smoothish paste (adding an extra splash of water if necessary), then stir into the chicken to fully coat
 - 3 Grill on a low-medium heat or bake on a foil-lined tray, turning frequently and basting regularly with the remaining marinade and any juices collected, for 30 minutes or until the chicken is cooked through, beginning to char around the edges and any liquid has evaporated
 - 4 Serve the jerk chicken with rice and peas, coleslaw and your favourite hot sauce on the side

(1 portion of
JERK BLEND = 2 tbsp)
If you're making a bigger batch,
scale up the fresh ingredients in
proportion but the spices only by
⅔ or it will be too spicy!