



Jamaican Jerk Chicken

Chicken portions marinated in a Jamaican jerk seasoning and then grilled or barbecued.

Serves : 4
Preparation Time : 2 hours marinating time, overnight if possible
Cooking Time : 1 hour

Ingredients

1 chicken divided into portions
1 small onion, peeled and roughly chopped
2 cloves garlic, peeled and roughly chopped
2 tbsp vegetable oil
2 tbsp red wine vinegar

Herbs & Spices

4 tsp Jerk Seasoning

Cooking Instructions

In a food processor, blend the onion, garlic, oil, vinegar and jerk seasoning until a paste is formed.

Place the chicken portions in a large bowl and add the onion-spice paste. Turn the chicken over until all portions are coated with the mix. Leave to marinate for at least 2 hours, overnight if possible.

Preheat the grill, or the BBQ. Cook the chicken turning frequently until it is cooked through. Some larger, bony portions may take up to an hour to cook properly so stagger your cooking order depending on your portions. Move further from the heat and cover with tin foil to prevent surface burning.