

Jamaican Jerk Chicken with Rice and Peas



Prep Time: 45 min



Portions: 4

This recipe will be broken down into 3 parts.

Chef Colin's Jerk Chicken
Rice And Peas
Fried Plantains



INSTRUCTIONS

- 1) Marinate Jerk Chicken legs for 24 hours in a sealed container in the refrigerator.
- 2) Prepare one batch of rice and peas (*recipe below*).
- 3) Prepare fried plantains (*recipe below*).
- 4) Preheat oven 350 degrees , then mark chicken on hot grill to achieved charred flavour on all sides about 5 -8 minutes.
- 5) Finish Charred chicken in the oven on wire rack till the internal temperature of the chicken reaches 165 degrees.
- 6) Lower the temperature of the oven if the chicken is getting too dark.
- 7) Once internal temperature is reached, remove the chicken and rest.
- 8) Serve chicken leg whole or chopped into pieces.
- 9) For Plating - place a scoop of rice off centre, then 1 chicken leg resting off of the rice, and garnish with 4 pieces of fried plantains.

Jamaican Jerk Chicken with Rice and Peas



Prep Time: 30 min



Portions: 4



INGREDIENTS

Jerk Chicken Marinade

20g Chopped Garlic In Oil (20 g)
85g Finely Chopped Ginger Root (85 g)
1 Medium White Onions (150 g)
2 Large Green Onions Chop Fine (51 g)
1 Habanero Peppers Chop Fine (11 g)
1 tbsp Herb - Thyme (19 g)
1 tsp All Spice (4 g)
Pinch of Ground Cloves (0.5 g)
2 tsp Brown Sugar (8.5 g)
¼ Cup Gravy Colour (60 ml)
¼ Cup White Vinegar (50 ml)
1 ½ tbsp Water (20 ml)
1 tbsp Canola Oil (15 ml)
4 Chicken Legs

INSTRUCTIONS

- 1) Wash Habanero peppers and remove the seeds.
- 2) Place all marinade ingredients in a blender and puree until smooth.
- 3) Place chicken legs and marinade in a sealed container – ensure the marinade is covering the chicken.
- 3) Marinate the chicken legs for 24 hours in refrigerator in a sealed container.

Jamaican Jerk Chicken with Rice and Peas



Prep Time: 10 min + 10min



Portions: 4



INGREDIENTS

Rice and Peas

1 Cup Long Grain Rice (180 g)
1/3 Cup Red Kidney Beans (60 g)
1 Small White Onion, Diced (82 g)
1 ½ tbsps Chopped Garlic In Oil (20 g)
½ tsp Herb - Thyme (2 g)
½ tsp All Spice (2 g)
½ Small Habanero Pepper,
seeded and chopped (2 g)
½ tsp Kosher Salt (4 g)
Dash of Fine Black Pepper (1 g)
1 tbsp Green Onions, chopped (6 g)
2 tsp Canola Oil (10 ml)
2/3 Cup Water (160 ml)
4 tsp Coconut Milk (20 ml)

Fried Plantains

2 Medium Plantains, Sliced (115 g)
1 tbsp Unbleached All Purpose Flour (7 g)
Kosher Salt
Fine Black Pepper (0.5 g)
1 Tbsp Canola Oil (10 ml)

INSTRUCTIONS

- 1) Wash rice three times and set aside.
- 2) In a pot, sauté onions and garlic.
- 3) Add spices, rice and beans. Cook on medium heat for 1 minute.
- 4) Add water, coconut milk, green onion, thyme and habanero pepper.
- 5) Cover and simmer until water is absorbed and rice is fluffy.

- 1) Season the flour with the salt and pepper.
- 2) Dredge the sliced plantains through the flour.
- 3) Deep fry till golden brown.
- 4) Drain on paper towel and let cool.