



BAKED JERK CHICKEN, RICE + PEAS, COLESLAW, OAT COOKIES

BAKED JERK CHICKEN

INGREDIENTS

4 chicken legs (thigh with drumstick attached, or 6 thighs and 6 drumsticks), skin on.

1 tbsp ground allspice

4 spring onions

1 small bunch fresh thyme, leaves picked, to get 1 tbsp

½ tsp ground cinnamon

½ tsp ground nutmeg

2 scotch bonnet chillies chopped finely

1 tbsp dark brown sugar

1 tsp salt

2 tbsp dark soy sauce

Juice of 1 lime

Sweet potato × 4

METHOD

1 Start making the rub. Coarsely chop the spring onions, using all but the very top of the green part as well as the white and chop finely. Add the thyme leaves, cinnamon, nutmeg and ground allspice. If you have a stick blender, food processor or a pestle and mortar blend into a smooth thick paste. If you don't have a way of blending keep chopping until it becomes a paste like consistency.

2 Prepare the chillies – carefully. If you have rubber gloves it is a good idea to wear them but if not make sure you wash your hands thoroughly after chopping. If you want to reduce the heat of the chillies, remove the seeds, but don't be tempted to substitute for another variety: their fruity flavour is key to the success of this dish.

3 Finish the jerk seasoning. Add the chopped chillies to the food processor (or whatever you're using for this stage) and whizz to a thick puree. Add the sugar, salt, soy sauce (dark soy sauce is preferable if you can find it – it has a richer flavour and will give your chicken a lovely tan) and lime juice, and blend again to a fairly homogenous paste. Put the chicken legs into a large bowl and pour over the marinade. Put your gloves back on (if you used them the first time, that is), then massage it into the meat, making sure you get it right under the skin – you'll probably need to pull it away from the meat first to do this. Cover the bowl and leave it to marinate in the fridge for at least 30 minutes or overnight is best to increase the flavour.

4 To cook, put the chicken in a roasting tray (with sweet potato wedges covered in jerk paste) and cover with foil. Bake at 200C for 1 - 1 ½ hours until cooked through and the meat is falling away from the bone. Take off the foil for the last 25 minutes to get some colour on the chicken skin. Serve with Rice and Peas.

RICE + PEAS

INGREDIENTS

50ml vegetable oil
1 onion, finely chopped
300g long grain rice
400ml water
400ml coconut milk
400g tin kidney beans,
rinse + drain
3 tbsp fresh thyme
Salt + black pepper
Fresh coriander, to
garnish

METHOD

1 Heat the oil in a frying pan and fry the onion until translucent.

Add the rice, stir well and add the water and coconut milk. Bring to the boil.

2 Add the kidney beans and thyme, simmer, and cover, for about 15- 20 minutes until the rice is cooked. Try not to stir the rice too much as it will turn into porridge. If you need to stir it, use a fork as this stops the rice from becoming too sticky. Leave the rice to rest for 10 minutes with the lid on before serving.

3 Season with the salt and freshly ground black pepper.

4 Serve garnished with the coriander.

COLESLAW

INGREDIENTS

450g (1lb) white
cabbage, thinly sliced
1 large carrot, cleaned
and roughly grated
1 onion, thinly sliced into
rings
150 – 300ml
mayonnaise
1tbsp parsley, chopped
Salt and pepper

METHOD

1 Mix the cabbage, carrot and onion together and season. Fold in the mayonnaise and taste and correct the seasoning. Sprinkle with parsley and serve immediately or keep refrigerated.