

JAMAICAN JERK CHICKEN

Serving Size: 4

1 tablespoon Ground allspice
1 tablespoon Dried thyme
1 1/2 teaspoons Cayenne pepper
1 1/2 teaspoons Freshly ground black pepper
1 1/2 teaspoons Ground sage
3/4 teaspoon Ground nutmeg
3/4 teaspoon Ground cinnamon
2 tablespoons Garlic powder or fresh
1 tablespoon Brown Sugar
1/4 cup Olive oil
1/4 cup Soy sauce
1/4 cup White wine Vinegar
1/4 cup Rice Wine Vinegar
1/4 cup Red wine vinegar
1/2 cup Orange juice
1 Lime juice
1 or 2 fresh Habanera pepper(s) or 1/2 teaspoon dried Habanera peppers
3 Green onions -- finely chopped
1 cup Onion -- finely chopped
4 Chicken breasts

"JERK: This method of cooking pork and chicken dates back to the Carib-Arawak Indians who inhabited Jamaica. After capturing an animal and thoroughly cleaning and gutting it, the Indians placed it in a deep pit lined with stones and covered with green wood, which, when burned, would smoke heavily and add to the flavor. But first, the carcass was "jerked" with a sharp object to make holes, which were stuffed with a variety of spices. The holes also allowed heat to escape without loss of moisture.

The results were superb. The meat was not only wonderfully spiced, but moist and tender." Seed and finely chop Habanera pepper. Trim chicken of fat. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegars, orange juice, and lime juice. Add the Habanera pepper, onion, and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible (over night is preferable).

Preheat an outdoor grill.

Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade. Heat the leftover marinade and serve on the side for dipping.

Note: Habaneras are the hottest of the capsicum peppers, they're truly incendiary. Substitute Serranos or Thai Bird Chiles if you can't find them.

Submitted By: Jeremy Jackson