



## Jerk Chicken (Rice and Peas)

<b>Country of Origin</b> Jamaica	<b>Continent</b> Caribbean	<b>Population (estimate)</b> 3 million	<b>Capital</b> Kingston
<b>Time Zone</b> UTC -5	<b>Official Language</b> English	<b>Currency</b> Jamaican Dollar	<b>Age (median)</b> 26

Method	Ingredients	4 Portions	8 Portions
1. Prepare the chicken marinade – in a mixing bowl combine the onion, garlic, cayenne, paprika, chilli flakes, cumin, nutmeg, cinnamon, brown sugar and <b>half</b> of the allspice, thyme and parsley.	Chicken thighs	¼ tsp	½ tsp
	Onion powder	¼ tsp	½ tsp
	Garlic powder	¼ tsp	½ tsp
	Cayenne pepper	¼ tsp	½ tsp
	Smoked paprika	¼ tsp	½ tsp
2. Mix the chicken thighs and combine well – cover and refrigerate. Preheat oven to 180 degrees.	Ground allspice	¼ tsp	½ tsp
	Chili flakes	¼ tsp	½ tsp
	Ground cumin	¼ tsp	½ tsp
	Ground nutmeg	¼ tsp	½ tsp
	Ground cinnamon	¼ tsp	½ tsp
3. In a pot put the coconut milk, red kidney beans (juice included), spring onions, scotch bonnet and remaining allspice, thyme and parsley and bring to a simmer.	Soft brown sugar	½ tsp	1 tsp
	Dried thyme	½ tsp	1 tsp
	Dried parsley	½ tsp	1 tsp
	Red kidney beans	400g	800g
	Coconut milk	400ml	800ml
4. Put your chicken on a baking tray and put in the oven, meanwhile rinse the rice in a fine sieve until the water runs clear – tip into the pot, cover and simmer for 15-20 minutes over a medium heat – stirring occasionally.	Spring onions, sliced	6	12
	Frozen peas	100g	250g
	Scotch bonnet	1	2
	Long grain rice	200g	400g
	Salt and pepper		
5. Add the peas and cook until the liquid has been absorbed (this should take 5-10 minutes) and serve with the chicken			

Hints and Tips	Equipment Needed		
Go vegetarian and replace the chicken with hard vegetables.	Pot	Baking Tray	Knife
	Chopping Board	Mixing Bowl	Fine Sieve
	Scales		

## ALLERGENS

 Celery	 Cereals (Gluten)	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk ✓
 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide