

Jamaican Jerk Chicken with Rice and Peas and Fried Plantains



Prep Time: 45 min



Portions: 4

Chef Colin's Jerk Chicken with Rice and Peas and Fried Plantains

3 Part Recipe



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 on next page).
3. Prepare fried plantains (recipe on next page).
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 and Fried Plantains



Prep Time: 30 min



Portions: 4



INGREDIENTS

Part 1: 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.
4. Marinate the chicken legs for 24 hours in refrigerator in a sealed container.

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INGREDIENTS

Part 2: 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)

Part 3: Fried Plantains

Large Plantain, Peeled and Sliced
1 tsp Kosher Salt (5 g)

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.
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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.