



Jamaican Jerk Chicken

Jacob · 28/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 50 mins

Description

This jerk chicken recipe is a succulent tropical treat Youll love the heat and flavor of this fiery marinade

Ingredients

- - 6 skinless
- boneless chicken breast halves - cut into chunks - 1 cup water - 4 limes
- juiced - 2 tablespoons vegetable oil - 2 teaspoons ground allspice - 2 teaspoons dried thyme - 1 ½ teaspoons ground black pepper - 1 teaspoon salt - 1 teaspoon brown sugar - 1 teaspoon ground ginger - ½ teaspoon ground nutmeg - 2 onions
- chopped - 1 ½ cups chopped green onions - 2 habanero peppers
- chopped - 6 cloves garlic
- chopped

Instructions

1. Place chicken in a medium bowl. Cover with water and lime juice. Set aside. Place oil
2. allspice
3. thyme
4. black pepper
5. salt
6. brown sugar
7. ginger
8. and nutmeg in a blender; blend until well combined. Add onions
9. green onions
10. habanero peppers
11. and garlic; blend until almost smooth. Pour most of the blended marinade mixture into the bowl with chicken
12. reserving a small amount to use as a basting sauce while cooking. Stir chicken until well coated. Cover the bowl and marinate in the refrigerator for at least 2 hours. Preheat an outdoor grill for medium heat and lightly oil the grate. Cook chicken slowly on the preheated grill
13. turning frequently and basting often with reserved marinade mixture
14. until no longer pink in the center and the juices run clear. An instant-read thermometer inserted into the center of chicken should read at least 165 degrees F (74 degrees C). LynnInHK