

Comfort Recipe Card 04

Jerk Chicken, Rice + Peas, Saltfish and fried Plantain

INGREDIENTS

OLIVE OIL - SALT AND PEPPER - 25G BUTTER - 1 TABLESPOON SOY SAUCE - KETCHUP TO TASTE - 4 SPRING ONIONS - 1 RED ONION - ½ BULB OF GARLIC - 2 SCOTCH BONNET PEPPERS - 3 BELL PEPPERS - 2 PLANTAIN - 3 COURGETTES - 1 TEASPOON ALL-SPICE - ½ TEASPOON GROUND NUTMEG - 1 TEASPOON THYME - 350G RICE - 2 CANS OF COCONUT MILK - 1 CAN OF GUNGO PEAS - 1 CAN OF KIDNEY BEANS - 8-12 CHICKEN THIGHS OR DRUMSTICKS - 250G SALT FISH

INSTRUCTIONS

1. MARINADE THE CHICKEN ON THE BONE FOR 4+ HOURS IN OLIVE OIL, SALT, PEPPER, A SPLASH OF SOY SAUCE, CHOPPED SPRING ONIONS + GARLIC, SCOTCH BONNET PEPPER, ALL-SPICE, GROUND NUTMEG AND LOTS OF THYME

2. THIS IS BEST COOKED ON THE BARBECUE, BUT CAN ALSO BE COOKED IN THE OVEN FOR 50 MINUTES. I COOK THE CHICKEN SKIN SIDE DOWN FOR 25 MINUTES AND THEN FLIP SKIN SIDE UP FOR ANOTHER 25 REMOVING JUICES FOR THE LAST 10 MINUTES. THEN PAN FRY ON HOT TO GET THAT BARBECUE EFFECT

3. COOK THE RICE IN COCONUT MILK WHILST FRYING SOME RED ONION AND GARLIC IN BUTTER. ONCE SOFTENED ADD THE GUNGO PEAS AND KIDNEY BEANS, PLUS THEIR JUICES

4. WHEN THE RICE IS ALMOST COOKED, AFTER 20 MINUTES, ADD YOUR PEA MIX AND STIR IN WITH A SPLASH OF

KETCHUP. SEASON TO YOUR TASTE WITH SALT AND PEPPER - THIS IS YOUR RICE AND PEAS

5. FOR SALT FISH, MAKE SURE YOU SOAK FOR 4+ HOURS IN COLD WATER, TURNING EVERY HOUR. WHEN READY, FRY SOME SPRING ONION WITH RED, GREEN AND YELLOW BELL PEPPER IN OIL AND WHEN SOFTENED ADD THE SALT FISH FLAKES IN WITH SOME BLACK PEPPER. COOK UNTIL HEATED THROUGH

6. FOR THE PLANTAIN, ENSURE THE SKIN IS BLACKENED AS THIS IS WHEN THEY'RE RIPE. CUT INTO HALF INCH SLICES AND SIMPLY FRY IN VEGETABLE OIL TURNING UNTIL A RICH BROWN ALL OVER

7. QUARTER SOME COURGETTES AND BOIL FOR 20 MINUTES SO THAT THEY'RE SOFT ON THE INSIDE WITH STILL WITH A SLIGHTLY CRUNCHY SKIN. PILE UP AND SERVE TOGETHER

By Tyrone Joseph, Home Buying Manager at Liberty