



Spizing

EASILY COOK SOMETHING DIFFERENT

Jerk chicken

Jerk is a method of cooking, originating from Jamaica. In the past hunters used it to smoke and dry meat - they dug holes in the ground, lit fire and then buried the meat in the charcoals. The originally used spices for preserving the meat were allspice (aka Jamaican pepper) and clove.

Later Jerk recipe was amended, chilies, lime, honey/sugar were added but the method of baking the meat remained the same. Today oven and BBQ replaced the fire and jerk marinade is applied to any kind of meat and fish.

Serves
4

Preparation
75 minutes

Cooking
75 minutes

SHOPPING LIST:

- Spizing spice kit
- 2 kg chicken legs or a whole chicken
- 1 onion (100 g) or a bunch of spring onion
- 5-6 garlic cloves
- 1-2 chilies (optional)
- juice of 2 limes
- 6 tbsp oil
- 3 tbsp soy sauce
- 2 tbsp honey /sugar
- basmati rice (as a side dish)
- 2-3 cucumbers (as a side dish)
- salt

Preparation:



1. Grind the contents of **package №1** in a spice/coffee grinder.



2. In a blender mix the already ground contents of **package №1**, **package №2**, **package Chili (optional)**, 5-6 garlic cloves, 1 onion (100 g) or a bunch of green onions, 1-2 chilies (optional), juice of 2 limes, 3 tbsp soy sauce, 2 tbsp honey / sugar, 6 tbsp oil, 1 tsp salt and stir to make a marinade.



3. Make 3-4 deep incisions in each drumstick. If you are using whole chicken cut it lengthwise along the backbone and butterfly. Make deep incisions all over the chicken.



4. Rub the marinade in the chicken until it is fully coated and let it marinate for 1 hour.

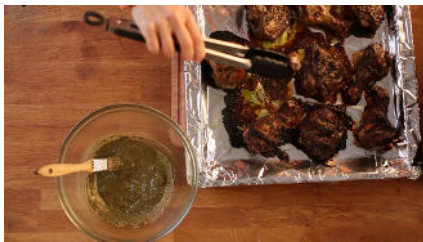
220°C



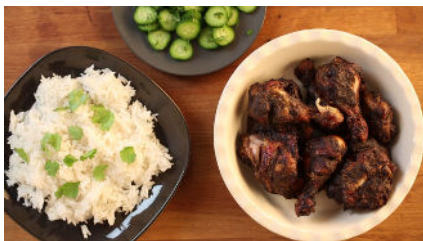
Cooking:

1. Preheat oven to 220°C.

2. Place the chicken on a baking tray (covered with aluminum foil) and in the already heated oven.



3. Cook about 1 hour or till the chicken is completely ready. Every 20 minutes turn the chicken and apply more marinade.



4. Serve with basmati rice and cucumber salad.
