

Jerk Chicken

The hallmark food of Jamaica and the Caribbean, Jerk chicken is delicious served with rice and peas. Note you will need to marinate the chicken overnight!

What you will need:

- 12 chicken thighs
- 1 lime
- Hot sauce to serve (optional)
- 1 big bunch of spring onions
- A small chunk of ginger
- 3 garlic cloves
- ½ a small onion
- ½ tsp dried thyme or thyme leaves
- Juice of 1 lime
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- 3 tbsp brown sugar
- 1 tbsp ground allspice



Method

1. Combine the spring onions, ginger, garlic, onion, thyme, lime juice, soy sauce, vegetable oil, brown sugar and ground allspice in a food processor.
2. Add a tsp salt and blend to purée.
3. Do not add water to help it blend as it will turn into a paste.
4. Marinade the chicken in the mixture overnight.
5. You can BBQ the chicken or cook in the oven.
6. To cook in the oven, heat to 180C / 160C fan / gas 4.
7. Put the chicken pieces in a roasting tin with the halved lime and cook for 45 minutes until cooked through.
8. Once the chicken is cooked, serve with rice and beans and squeeze a roasted lime over the chicken with some hot sauce if desired.



Caribbean beef patties

What you will need:

- 1 small onion
- 2 garlic cloves
- 250g lean mince
- 1 potato
- 2 tsp turmeric
- 2tbsp tomato purée
- Sprigs of thyme
- 2tbsp hot pepper sauce
- 500g shortcrust pastry
- 1 egg



Method

1. Heat the oil in a pan and add the onion to cook for 5 minutes.
2. Add the garlic and beef.
3. Cook on a higher heat until the meat has browned.
4. Add the potato.
5. Add half the turmeric, all the purée and thyme.
6. Add 200ml of water.
7. Cover and simmer for 15 minutes.
8. Remove the lid and cook for 5 more minutes
9. Add the hot sauce and leave off the heat to cool.
10. Pre-heat oven to 200c/200c fan/gas 7.
11. Roll out the pastry to the thickness of a £1 coin.
12. Cut out 6 x 15cm circles (a small plate will help).
13. Divide the mince between the pastry circles and piling it up one side.
14. Mix the egg with the remaining turmeric and brush around the edge of each circle.
15. Fold over and use a fork to seal the edges.
16. Arrange on a baking tray on top of parchment.
17. Brush with a little more egg and back for 20-25 minutes.
18. Serve with green salad.

Jamaican-Inspired Pork Curry

What you will need:

- Oil for frying
- 2 onions
- 1 kg pork
- 2tsp allspice
- 3tbsp medium curry powder
- 1tbsp paprika
- 1tbsp ground coriander
- 1tbsp celery salt
- 1tbsp garlic powder
- 4-5 sprigs of thyme
- Black peppercorns
- 6 cloves of garlic
- 1-2 scotch bonnet chilies (optional)
- 4 plum tomatoes
- 4 spring onions

Rice & Peas

- Oil
- 1 onion
- 4 garlic cloves
- 300g long-grain rice
- 25g butter
- 4-5 sprigs thyme
- 400g tin of kidney beans
- 300ml coconut milk

Method

1. Heat a large pan with a little oil over a medium heat
2. Cook onions for 15 minutes until translucent.
3. Dice the pork and add with the spices, thyme and ground black pepper.
4. Stir well.
5. Add the garlic chillies, tomatoes and most of the spring onions.
6. Mix well and pour in 1 litre of cold water to cover ingredients.
7. Bring to the boil and reduce to heat to low and simmer gently for 2 to 3 hours.
8. For the rice and peas, put a lidded pan over a medium heat with the oil and cook the onion for 10 mins until soft.
9. Add the garlic.
10. Cook for a minutes before adding rice, butter, thyme, beans and generous amount of seasoning.
11. Mix well before adding the coconut milk.
12. Add 175ml of cold water.
13. Stir well.
14. Cover and cook gently for 20 mins then remove the lid and cook for a further 15 mins.
15. Once liquid is fully evaporated the rice should be easily fluffed with a fork.
16. Serve with the pork curry and garnish with the remaining spring onions.

