

Jerk Chicken- Intense flavors. You can make it as fiery or mild as you like.

Use chicken with skin- Split breasts or thighs work best.

In a mini food processor, combine:

2 tbsp whole allspice (ideally pre-crush with a mortar and pestle)

1 tsp ground black pepper

1 tsp cinnamon

¼ tsp nutmeg

1 inch of minced or grated fresh ginger or ½ tsp powdered ginger

1 bunch of green onion or ½ yellow onion, chopped

1/3 cup balsamic vinegar (may substitute red wine vinegar for some or all)

2 tbsp vegetable oil

2 tbsp low sodium soy sauce

1-2 jalapeno peppers with or without seeds and veins (leave jalapeno out if you don't like hot food)

1 tsp dark brown sugar

Juice from ½ lime

After processing (there will still be visible bits of the allspice), take about 1/3-1/2 and rub between the skin and meat of the chicken. Let this marinade for 30 min- 4 hours, then grill or broil the chicken until the meat reaches 170 degrees. Sauté the remaining sauce in a small pan on low-medium heat until it starts to thicken. Reserve this as a sauce to serve with the meal.

Goes great with corn on the cob, rice, or sweet potatoes and a basic green vegetable.