



I carted a discount isle Chicken back from Darlington with me the other day. It wasn't actually any cheaper than the local discount isle Chickens ? But it was exotic in it's own way, in my strange mind!

We're also at ?J? in our Ingredients Alphabet and Jerk Chicken fits nicely!

Ingredients:-

Chicken, roughly cut into joints / portions

Spring Onions, chopped

Ginger, a thumb sized bit grated

2 cloves of Garlic, grated

1 medium Onion, sliced

3 small hot hot Chillies, sliced

Chilli flakes

Thyme

Juice of a Lemon

Soy Sauce

Oil

Sugar

All Spice

Salt & Pepper

Method:-

(1) In a blender blitz all the ingredients ? Not the Chicken!

(2) Marinade the Chicken portions for 30 minutes or more.

(3) Roast at 180C for 40 minutes or into tender.

We served ours on a bed of Rice and Peas with a hot Chilli sauce on the top and the greens from the Spring Onions.