

Cha Cha Cha Jerk Chicken

Author: From the restaurant by that name in L.A.

Source: Los Angeles Times food section

Carolyn T's
Cookbook

Servings: 8



Notes: Be sure to read this recipe all the way through before you begin. It is best if allowed to marinate for 24 hours, although I've done it in 6 hours (not as good!). The chicken is partially cooked, removed from the grill, cut in half, then grilled again until it's done. When I make up the herb/spice mixture, I prepare a 4x batch, and store in small plastic bags with a label inside. It's a bit of a nuisance to make the mixture as there are so many different ones. But, this is a very tasty dish and worth the effort. If you add more marinade to the chicken during the grilling time, be sure it COOKS, since the raw chicken was marinated in it and it will contain raw-chicken bacteria.

DRY MIXTURE:

1/4 teaspoon ground allspice
2 teaspoons salt
4 teaspoons chili powder
1 tablespoon black pepper
1 1/2 tablespoons dried thyme
2 tablespoons minced garlic
4 teaspoons red pepper flakes
1 teaspoon garlic powder
1/2 teaspoon cayenne
1 teaspoon turmeric
1 teaspoon curry powder
1 teaspoon ground ginger
1 teaspoon ground coriander
1 tablespoon dried oregano

MARINADE:

2 cloves garlic, minced
1/2 cup worcestershire sauce
1 cup orange juice
1 cup pineapple juice
8 each boned and skinned chicken breast halves

Categories: Chicken, Picnic

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 193 Calories; 2g Fat (9.7% calories from fat); 29g Protein; 14g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 772mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Preparation Time: 30 minutes

Start to Finish Time: 25 hours

1. Prepare the dry mixture first.
2. In a large heavy-duty plastic bag, combine the dry mixture, adding the fresh garlic, Worcestershire sauce, orange juice and pineapple juice. Mix it up a bit, then add the chicken breasts. Seal the bag and marinate overnight if time permits, turning the bag a few times in that time.
2. Remove chicken from marinade and drain briefly, then place on grill heated to medium heat, and cook about 4 minutes. Remove from the heat (jerk chicken is always cooked twice). Cut each breast half in half lengthwise and use a brush to apply more marinade to each piece. Return to grill and cook until chicken is cooked through - about 4-5 minutes, brushing frequently with more marinade to keep it moist.