

Jerk Chicken

Serves: 4-6

Active time: 30 minutes

Cooking time: 6 ½ - 8 ½ hours

Total time: 6 ½ - 8 ½ hours (not including marinade time)

Ingredients:

2 Tbs vegetable oil
12 ea boneless chicken thighs, skin and flesh slashed 3 times on each
2 ea onions, finely chopped
1 Tbs all-purpose flour
3 ea Scotch bonnet chiles
1 Tbs tomato paste
1 ¼ C chicken stock

for the marinade:

3 ea mild chiles, roughly chopped
2 ea bunches scallions, roughly chopped
2 ea garlic cloves, roughly chopped
½ tsp grated nutmeg
1 ea 1" piece of fresh ginger, roughly chopped
½ tsp ground cinnamon
½ bunch thyme, roughly chopped
1 Tbs vegetable oil
1 Tbs clear honey
1 Tbs lime juice
1 tsp salt
freshly ground black pepper

1. Put half the oil in a skillet over high heat and brown the chicken pieces all over. Set aside.
2. Use a food processor or a mortar and pestle to make the marinade. Blitz or crush all the ingredients to a smooth paste. Transfer to a bowl.
3. Toss the browned chicken pieces in the marinade, cover with plastic wrap, and refrigerate for at least one hour, but preferably overnight.
4. Heat the remaining oil in a skillet and cook the onions over medium heat for 8-10 minutes until softened and pale golden. Transfer to the slow cooker and sprinkle with the flour. Stir to combine, then add the Scotch bonnet chiles and tomato paste. Stir once again and add the stock, chicken, and marinade.
5. Cover and cook on low for 6-8 hours. Halfway through, check the taste of the sauce. Once it is hot and spicy enough to your liking, remove the Scotch bonnet chiles and discard, until the chicken is thoroughly cooked.
6. Serve with homemade apple coleslaw and rice.