



Caribbean

Jerk Chicken

1 whole chicken, halved

1 lime, halved

Pinch salt

4 to 5 tablespoons of Jerk Rub seasoning, recipe follows

8 to 12 pimento (allspice) leaves, for flavor, optional

Rub the chicken with lime and salt. Rub jerk seasoning over chicken halves.

Marinate in the refrigerator overnight for the best results.

Preheat a barbecue grill to medium high.

If using, spread the pimento leaves on the grill. Barbecue should be on medium-low heat. Grill the chicken for about 45 minutes, turning often to optimize cooking and browning.

Alternatively, you may use your home oven, heated to 375 degrees F., but do not use pimento leaves.

Let chicken sit for 10 minutes before cutting into quarters.

Jamaican Jerk Rum Rub

1 red onion, chopped

1 1/2 teaspoons dried thyme

1 teaspoon ground allspice

1/2 teaspoon ground cinnamon

4 teaspoons white pepper

1/4 cup chopped green onion tops

2 teaspoons salt

1/4 teaspoon ground nutmeg

5 small jalapenos

2 tablespoons cooking oil (olive or vegetable)

Splash flavorful rum

Put all ingredients into food processor. Mix on high for 15 pulses.

Yield: 1/2 to 2/3 cup