



Garden Fresh Farm Recipes

Grilled Jerk Chicken (or Pork Chops)

Jerk seasoning is a spicy blend of garlic, onion, chiles, thyme, allspice, nutmeg, and cinnamon, though recipes vary — originated in Jamaica and is traditionally used on chicken and pork. Because the jerk marinade can burn easily, the chicken requires slow cooking on the grill, which also helps keep the meat moist.

Ingredients:

For jerk marinade:

- 6 Scallions, chopped
- 2 large Garlic cloves, chopped
- 2 large Shallots, finely minced
- 1 Tbs finely minced fresh Ginger
- 2 Habanero Chiles, stemmed, seeded and minced
- 1/4 cup Soy Sauce
- 1/4 cup Olive Oil
- 1/4 cup Red Wine Vinegar
- 1/2 cup Orange juice
- 1/2 cup Rice Vinegar
- 1 tsp Salt
- 1 Tbs packed Brown Sugar
- 1 Tbs fresh Thyme leaves (or 1 Tsp dried Thyme))
- 1 Tbs ground Allspice
- 2 tsp black Pepper
- 1/2 tsp ground Nutmeg
- 1 tsp Cinnamon

For chicken:

- 4 chicken breast halves with skin and bones (3 pounds), halved crosswise
- 2 1/2 to 3 pounds chicken thighs and drumsticks

For Pork:

- 4 Center cut thick boneless Pork Chops

Directions:

Make marinade - Blend all marinade ingredients in a blender until smooth.

Marinate and grill chicken - Divide chicken pieces and marinade between 2 sealable plastic bags. Seal bags, pressing out excess air, then turn bags over several times to distribute marinade. Put bags of chicken in a shallow pan and marinate, chilled, turning once or twice, 1 day.



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Let chicken stand at room temperature 1 hour before cooking.

To cook chicken using a charcoal grill - Open vents on bottom of grill and on lid. Light a large chimney of charcoal briquettes (about 100) and pour them evenly over 1 side of bottom rack (you will have a double or triple layer of charcoal).

When charcoal turns grayish white and you can hold your hand 5 inches above rack for 3 to 4 seconds, sear chicken in batches on lightly oiled rack over coals until well browned on all sides, about 3 minutes per batch. Move chicken as seared to side of grill with no coals underneath, then cook, covered with lid, until cooked through, 25 to 30 minutes more.

To cook chicken using a gas grill - Preheat burners on high, then adjust heat to moderate. Cook chicken until well browned on all sides, 15 to 20 minutes. Adjust heat to low and cook chicken, covered with lid, until cooked through, about 25 minutes more.

Cooks' note - If you can't grill, you can roast chicken in 2 large shallow (1-inch-deep) baking pans in upper and lower thirds of a 400°F oven, switching position of pans halfway through roasting, 40 to 45 minutes total.