

RECIPE OF THE WEEK



Callaloo Seasoned Rice

Coconut Milk Culture

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JERK CHICKEN OLD FASHION STYLE

Preparation Time: 15 minutes
 Serves/Yields: 2

Cooking/Baking Time: 45 minutes
 Recipe Date: 24-Aug-1998

INGREDIENTS

1	lb.	(450 grams)	chicken, jointed
2	tsps.		chicken spice
1	tsp.		black pepper
2	tsps.		garlic powder
1	tsp.		meat seasoning
1/2	dozen		pimento seeds, crushed
2	stalks		escallion, chopped
1	Tbsp.		GRACE CRUSHED PEPPER SAUCE
2	Tbsps.		soya sauce
1/4	cup		vinegar

METHOD

1. Rub chicken spices, black pepper, garlic powder, meat seasoning, pimento seeds, escallion and Grace Crushed Pepper Sauce into chicken pieces. leave to soak overnight.
2. Place chicken pieces over an open coal fire or on a stand made of green pimento and other sticks.
3. Cook until chicken is well done and has a nice brown colour.

Serving Suggestions:

Serve with grilled sweet potatoes accompanied with a salad of your choice.

Notes:

"Jerk" is a truly Jamaican favourite with cooking methods originated by the slaves in Jamaica.

This may be done on a Barbecue Grill

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Hearty Porridge

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