I carted a discount isle Chicken back from Darlington with me the other day. It wasn?t actually any cheaper than the local discount isle Chickens ? But it was exotic in it?s own way, in my strange mind!

We?re also at ?J? in our Ingredients Alphabet and Jerk Chicken fits nicely!

Ingredients:-

Chicken, roughly cut into joints / portions
Spring Onions, chopped
Ginger, a thumb sized bit grated
2 cloves of Garlic, grated
1 medium Onion, sliced
3 small hot hot Chillies, sliced
Chilli flakes
Thyme
Juice of a Lemon
Soy Sauce
Oil
Sugar
All Spice
Salt & Pepper

Method:-

(1) In a blender blitz all the ingredients ? Not the Chicken!
(2) Marinade the Chicken portions for 30 minutes or more.

(3) Roast at 180C for 40 minutes or into tender.

We served ours on a bed of Rice and Peas with a hot Chilli sauce on the top and the greens from the Spring Onions.