

Treasure Barrel

Authentic Jamaican Jerk Chicken

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Medium** Difficulty	**Jamaican** Cuisine

Ingredients

The Chicken

- [ ] 2 lb boneless, skinless chicken thighs (or 8 chicken drumsticks)

Jerk Marinade

- [ ] 2 scotch bonnet peppers, seeded and chopped
- [ ] 1 shallot, chopped
- [ ] 2 garlic cloves, minced
- [ ] 1 tablespoon fresh ginger, minced
- [ ] 1 tablespoon fresh thyme leaves
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon ground allspice
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1/4 teaspoon ground nutmeg
- [ ] 1 tablespoon brown sugar
- [ ] 1 tablespoon soy sauce
- [ ] 1 tablespoon fresh lime juice
- [ ] 2 tablespoons olive oil
- [ ] 1/4 cup pineapple juice
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] Optional: 1/4 cup coconut milk to mellow heat

Instructions

1. First, let's make that wonderful paste. Toss your scotch bonnet peppers, shallot, garlic, ginger, fresh thyme, dried thyme, allspice, cinnamon, nutmeg, brown sugar, soy sauce, lime juice, olive oil, pineapple juice, salt, pepper, and that optional coconut milk into a food processor. Pulse it all together until it's a nice, smooth paste. It smells just lovely, doesn't it?

2. Give your chicken pieces a quick rinse and pat them dry with a towel. Put them in a shallow dish and pour that spicy jerk paste all over them. I like to really turn them around to make sure every single piece is coated. Cover it up and let it rest in the fridge for at least 4 hours, though honestly, overnight is where the real magic happens.

3. Now, get your heat ready. Preheat your grill to medium-high, usually around 375-400°F. If you're using the oven instead, set it to 400°F and line a baking sheet with parchment paper so you don't have a mess to clean up later.

4. Take the chicken out of the fridge and just let it sit for about 15 minutes to come to room temperature. Give the pieces a little shake to get off the excess marinade, then just discard the rest.

5. If you're grilling, put the chicken on and cook for 6-7 minutes per side, turning occasionally. You're looking for a nice char and an internal temperature of 165°F. For the oven, arrange them on your sheet and bake for 25-30 minutes, turning them once until they're cooked through and have that beautiful caramelization.

6. Now, here's a little trick: during the last 5 minutes of cooking, you can baste the chicken with a bit of extra olive oil or melted butter. It just gives it a gorgeous, glossy glaze.

7. Take the chicken off the heat and let it rest for 5 minutes. I know it's tempting to dive in, but letting those juices redistribute is what keeps the meat tender.

8. Serve it up while it's hot! I love to garnish mine with sliced scallions or fresh cilantro. And oh, a little squeeze of fresh lime over the top... wow, it just brightens everything up wonderfully.

Nutrition per serving

380 kcal	34 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allowing the chicken to marinate overnight truly deepens the flavor profile.
- Using parchment paper in the oven makes the cleanup so much easier.
- Letting the meat rest for 5 minutes is crucial for juicy results.