

Treasure Barrel

Baked Jamaican Jerk Chicken Wings Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Medium** Difficulty	**Jamaican** Cuisine

Ingredients

For the Jerk Marinade

- [ ] 1 bunch green onions, roughly chopped
- [ ] 1 to 3 Scotch bonnet peppers, stemmed and chopped
- [ ] 4-5 cloves garlic, peeled
- [ ] 1-inch piece of fresh ginger, peeled and chopped
- [ ] 1/4 cup fresh thyme leaves
- [ ] 1/4 cup soy sauce (or tamari for gluten-free)
- [ ] 2 tablespoons brown sugar
- [ ] 2 tablespoons olive oil
- [ ] 1 tablespoon whole allspice berries, freshly ground (or 1 tbsp ground allspice)
- [ ] 1 teaspoon black pepper
- [ ] 1/2 teaspoon ground nutmeg
- [ ] 1/2 teaspoon ground cinnamon
- [ ] Juice of 1 lime

For the Wings

- [ ] 3 lbs chicken wings, split into flats and drumettes
- [ ] 1 tablespoon vegetable oil
- [ ] Salt to taste
- [ ] Fresh cilantro or parsley for garnish (optional)
- [ ] Lime wedges for serving

Instructions

1. First things first, let's create that incredible marinade. Find your blender or food processor—this is going to be your best friend. Add all of the marinade ingredients: the green onions, garlic, ginger, thyme, Scotch bonnet peppers (remember to be careful!), soy sauce, brown sugar, olive oil, and all those beautiful spices. Squeeze in the lime juice. Now, pulse it all together until it forms a thick, fragrant, and slightly textured paste. Don’t over-blend it to a perfect puree; a little bit of texture is lovely here.

2. Now for the wings. Make sure your chicken wings are patted completely dry with paper towels. This is such an important step for getting crispy skin, so take a moment to do it right. Place the dry wings in a large bowl, a baking dish, or a large resealable bag. Pour about two-thirds of that glorious jerk marinade over the wings. Now, using your gloved hands, gently massage the marinade into every part of each wing. Cover the bowl or seal the bag and place it in the refrigerator to marinate for at least 4 hours, but preferably overnight. Reserve the remaining marinade for later.

3 When you're ready to bake, preheat your oven to 400°F (200°C). Line a large baking sheet with foil (for easier cleanup, trust me on this!) and place a wire rack on top. This setup is key. Take the wings out of the marinade, letting any excess drip off, and arrange them in a single layer on the wire rack. Make sure they have a little breathing room and aren't touching. This allows the heat to circulate and cook them evenly.

4 Slide the baking sheet into the preheated oven. Let them bake for about 40-50 minutes, flipping them halfway through. During the last 5-10 minutes of cooking, you can brush them with a bit of that reserved marinade to give them a final glaze. They're done when the skin is deeply golden brown, crispy, and caramelized at the edges, and the meat is cooked through. Let them rest for a few minutes before piling them onto a platter. Garnish with some fresh cilantro and serve with lime wedges. It's a truly beautiful sight.

Nutrition per serving

380 kcal	30 g	8 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- The heat level can be adjusted by the number of Scotch bonnet peppers you use. For a milder version, use one pepper and remove the seeds. For a fiery kick, use three!
- Lining your baking sheet with foil is a lifesaver for cleanup. The sugars in the marinade will caramelize and can be tough to scrub off otherwise.
- If you have the time, grinding your own allspice berries in a spice grinder will release so much more aromatic oil and give your marinade a deeper, more authentic flavor. It's a small step that makes a big impact.