

Jamaican Jerk Chicken

Ingredients:

- 4 chicken thighs, bone-in
 - 2 tablespoons jerk seasoning
 - 2 tablespoons extra virgin olive oil
 - 1 tablespoon of lime juice
 - 1 tablespoon of honey
 - 1 tablespoon of soy sauce
 - 2 avocados, peeled, pitted and sliced thin
- Black Bean Mango Salsa**
- 15 oz can black beans, drained and rinsed
 - 1 medium mango, peeled & diced
 - 1/4 cup diced red onion
 - 1 jalapeño, seeded and diced
 - 1/4 cup cilantro, chopped
 - 1 tablespoon fresh lime juice
 - 1 tablespoon extra virgin olive oil
 - 1/2 cup white wine vinegar

Instructions:

1. Mix jerk seasoning, 1 tablespoon of olive oil, lime juice, honey, and soy sauce. Toss chicken thighs in mixture and let marinate for at least one hour.
2. Make the salsa: add all salsa ingredients to a medium bowl and toss to combine. Set aside.
3. Heat cast iron skillet on medium-high heat.
4. When pan is hot, drizzle with 1 tablespoons of olive oil in and place seasoned chicken thighs in pan.
5. Cook for 4-6 minutes flipping chicken and cooking for another 4-6 minutes. Continue cooking until the juices run clear when the chicken thigh is pierced.
6. Serve with sliced avocado and black bean mango salsa.



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Jamaican Jerk Spice World Kit



Next Kit: July 26
BBQ Rub Seasoning



History

Jerk is a style of cooking native to Jamaica, in which meat is dry-rubbed or wet marinated with a hot spice mixture called Jamaican jerk spice.

Historians believe that the style was developed by the Maroons, enslaved Africans who fled into the Jamaican countryside during the invasion of Jamaica in 1655 after being freed by their Spanish masters. Adapting to their new surroundings, the former slaves made use of the natural food sources available to them, creating the spicy sauce and slowly cooking the meat over a smoking wood fire. Other historians argue that jerking originated with the Amerindians in Jamaica from the Arawak and Taíno tribes who intermingled with the Maroons.

The smoky taste of jerked meat is achieved using various cooking methods, including modern wood-burning ovens. The meat is normally chicken or pork, and the main ingredients of the spicy jerk marinade sauce are allspice and Scotch bonnet peppers. Jerk cooking is popular in Caribbean and West Indian diaspora communities throughout North America and Western Europe.

~Wikipedia

Ingredients and Uses

Jamaican Jerk Seasoning Ingredients:

Spicy blend with dehydrated garlic, onion, turmeric, caraway seeds, salt, and red pepper, less than 2% silicon dioxide added to prevent caking.

Uses:

- Jerk Chicken or toss in with hot air fried chicken wings.
- Shrimp stir fry
- Tofu
- Fish, any white fish or salmon.
- Mix in with tuna salad.
- Pork chops
- Vegetables. Drizzle an entire cauliflower head with olive oil and rub spice in and bake.
- Mix in a little with scrambled eggs.
- Mix in a little with guacamole.
- Mix in with mayonnaise for a tasty sandwich spread or spread on corn on the cob.
- Sprinkle on hot french fries and toss.
- Beef - Marinade with jerk seasoning, balsamic vinegar, and oil.



Jerk Tofu Lettuce Wraps

INGREDIENTS

- 8 leaves of Boston or Iceberg lettuce
- 16 ounces extra firm tofu, drained, pressed, and cut into 1 inch cubes
- 1 tablespoon jerk seasoning
- 2 tablespoons honey
- 2 tablespoons lime juice
- 1 ½ tablespoons soy sauce
- 1 tablespoon canola oil
- 1/4 cup peanuts *chopped*
- 3 green onions *chopped*
- 2 cups coleslaw mix
- 1/4 cup cilantro *roughly chopped*
- 1 lime *cut in slices*

Jerk Mayo Sauce

- 1/3 cup mayonnaise
- 1 teaspoon jerk seasoning

INSTRUCTIONS

1. Coat bottom of large skillet with oil. When hot place tofu in an even layer. Allow to cook for about 10 minutes, flipping once or twice to achieve browning on multiple sides.
2. Mix jerk seasoning, honey, lime juice, and soy sauce. Pour over tofu and heat.
3. In a small bowl mix mayonnaise with a teaspoon of Jamaican jerk seasoning.
4. To assemble the lettuce wraps, top each lettuce leaf with some of the coleslaw mix, tofu, green onions, cilantro, peanuts and drizzle with a bit of the mayo sauce.