



Island cooking

Jerk Chicken on de gas grill (8 servings)-1 hour cooking, 1 hr prep time

Ingredients:

*1/4 cup whole allspice berries
2 tablespoons black peppercorns
2 bay leaves
1 small onion, peeled and chopped
1 bunch of scallions, chopped
6 cloves garlic
1-2 habanero chilies, stemmed and seeded
1/4 cup fresh thyme
2 tablespoons fresh ginger, grated
2 teaspoons salt
2 tablespoons cider vinegar
2 tablespoons soy sauce
2 tablespoons brown sugar
1/4 cup vegetable oil
1 chicken
2-3 limes
Ketchup*



For chicken:

- 4 chicken breast halves with skin and bones (3 pounds), halved crosswise
- 2 1/2 to 3 pounds chicken thighs and drumsticks

1. Toss the allspice berries and black peppercorns into a skillet over medium-high heat. Toast for a minute or so, until fragrant. Transfer to a food processor or blender along with the bay leaves. Process until they become a powder.
2. Add the onion, scallions, garlic, habaneros, thyme, ginger, salt, cider vinegar, soy sauce, brown sugar, and vegetable oil. Process until it is a smooth paste. Divide the sauce into two portions.
3. Place the breasts and legs into a large bowl. Coat both sides and under the skin with the marinade. Cover with plastic wrap and store in the fridge for 12-24 hours to marinate.
4. Take out chicken, and let chicken stand at room temperature 1 hour before cooking.
5. Preheat grill on high, and then adjust heat to moderate.
6. Place chicken on the gas grill.
7. Grill chicken for 20 -30 minutes on each side.
8. After 30 minutes, take the other half of the marinade and mix in about 3 tablespoons of ketchup. The ketchup should help balance the aggressive spice.
9. Serve the chicken with some barbecue sauce (baby ray's is good a choice) and some limes. Serve with a side of sweet plantains or white rice.

Fried Sweet Plantains (8-12 servings) - 25 minutes

Ingredients:

2 to 3 ripe black plantains

¼ cup vegetable oil

1. To peel the plantains, cut off ends and discard. With a paring knife, make 3 shallow slits lengthwise along the seams of the skin and peel away. Split the plantains lengthwise.
2. Heat vegetable oil in a large skillet and place over medium low heat.
3. Fry the plantains in a single layer, until golden on the bottom then turn over with a spatula.
4. Let plantains cool off and serve.



Red Pea Soup (14-20 servings)

Ingredients:

FOR THE SOUP:

Ham hock/turkey stock bone cut into 6 pieces

1 lb. dried red peas or dried pink beans, soaked 4 hours or overnight

1 yellow onion, peeled and finely chopped

2 cloves garlic, peeled and minced

Leaves from 2 sprigs fresh thyme

1 sweet potato, peeled and thickly sliced

Salt and freshly ground black pepper

4 potatoes sliced

FOR THE DUMPLINGS:

1 cup flour

¼ cup white cornmeal

1 tsp. sugar

1 tsp. salt

Pinch freshly ground black pepper

1 tbsp. butter

1. For the soup: Put ham hock/turkey stock in pot. Drain peas, and add to pot. Add onions, celery, garlic, thyme, and 12 cups water, and bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer, partially covered, skimming any foam, until peas are almost tender, about 40 minutes. Add sweet potatoes, season to taste with salt and pepper, and continue simmering, partially covered, until peas are very tender, about 1 hour more.

2. For the dumplings: Combine flour, cornmeal, sugar, salt, and pepper in a medium mixing bowl. Using a pastry cutter or 2 knives, cut in butter; then add up to 6 tbsp. ice water, and stir with a fork to make a stiff dough. Transfer to a lightly floured surface, and knead until smooth. Roll out dough to a ¼" thickness; then cut into about 2" squares. Add dumplings to soup, and simmer until tender and soup is thick, about 40 minutes.

